

## SWEET POTATO AND ARUGULA SALAD

NAME OF DISH

### INGREDIENTS

- \* 6 cups 1/2-inch-diced sweet potatoes (4 to 6 large sweet potatoes; I leave the skin on but peeling is an option)
- \* 1 tablespoon extra-virgin olive oil
- \* Kosher salt and freshly ground black pepper
- \* 2 cups loosely packed baby arugula
- \* 1/4 cup mayonnaise
- \* 2 tablespoons lemon juice
- \* 4 scallions, white and light green parts only, thinly sliced, *optional*
- \* 2 tablespoons grated Parmesan, *optional*

**Level:** Easy

**Total:** 1 hr 25 min (includes cooling time)

**Active:** 15 min

**Yield:** 6 to 8 servings



### INSTRUCTIONS

1. Preheat the oven to 400 degrees F. Spray a baking sheet with nonstick cooking spray.
2. Toss the sweet potatoes in a large bowl with the olive oil, 1/2 teaspoon salt and 1/4 teaspoon pepper. Transfer to the prepared baking sheet and bake for 20 minutes. Stir the potatoes and continue to bake until fork-tender, an additional 15 to 20 minutes. Let cool completely.
3. In a large bowl, combine the cooled sweet potatoes, arugula and scallions. In a small bowl, whisk the mayonnaise with the lemon juice and Parmesan; season with salt and pepper. Just before serving, toss the dressing with the sweet potato and arugula mixture to coat.

RECIPE COURTESY OF KATIE LEE, FOOD NETWORK

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