

Spinach & sweet potato salad

Ingredients

Serves 4-6

1 large or 2 small sweet potato (about ¾ of a pound)

3 oz. (4 handfuls) baby spinach

¼ cup pumpkin seeds (can replace with pine nuts)

½ red pepper

1 Tbsp. red wine vinegar

¾ tsp. Dijon mustard

2 tsp. olive oil

Spray oil (olive or canola)

Directions

1. Preheat oven to 400°F.
2. Peel potato and cut into ½ inch square pieces.
3. Line a baking tray with non-stick paper. Place potato onto tray in one layer. Spray with oil. Bake in oven for 30-35 min until golden and tender. Set aside to cool.
4. Meanwhile, heat a non-stick skillet over medium heat. Add the pumpkin seeds. Cook and shake regularly for 2 min. until lightly toasted. Set aside to cool.
5. Whisk vinegar, oil and mustard with some salt and pepper to season.
6. Arrange spinach on a plate. Top with potato and pepper. Drizzle dressing over salad and top with pumpkin seeds before serving.



Spinach & Sweet Potato Salad

Amount	1 cup
Calories	167
Fat (g)	8
Sat. Fat (g)	1.2
Carb. (g)	20
Fiber (g)	4
Protein (g)	5

Allergen info: Gluten free, vegan, nut free, lactose free

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Cooking Tip

Add a source of protein (feta cheese is good!) if the salad is going to be the whole meal.

Butternut squash can be used to replace the sweet potato but will reduce the carbohydrate content.

Food Fact

This simple salad is rich in antioxidant nutrients, B-carotene, Vitamin C, folate, nitrates and fiber.