

# Roasted Sweet Potatoes & Plum Salad

12 SERVINGS 10 MIN

## INGREDIENTS

- 2 medium-sized sweet potatoes, peeled and diced into bite-sized pieces
- 2-3 plums, sliced
- 4 cups mixed greens or lettuce
- 1 bell pepper, diced (any color you prefer)
- 1 cup cooked chickpeas or black beans (canned or cooked from dry)
- 2 tablespoons olive oil, divided
- 1 tablespoon lemon juice
- 1 teaspoon honey or maple syrup
- Salt and pepper, to taste



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## PROCEDURE

1. Preheat the oven to 400°F (200°C).
2. In a large mixing bowl, toss the diced sweet potatoes with 1 tablespoon of olive oil, a pinch of salt, and pepper until well coated.
3. Spread the sweet potatoes in a single layer on a baking sheet lined with parchment paper.
4. Roast the sweet potatoes in oven for about 25-30 minutes or until they are tender and slightly caramelized. Stir them once or twice during the roasting process for even cooking.
5. In a small bowl, whisk together 1 tablespoon of olive oil, lemon juice, honey (or maple syrup), a pinch of salt, and pepper to create the dressing.
6. In a large salad bowl, combine the mixed greens or lettuce, sliced plums, diced bell pepper, and the cooked chickpeas or black beans.
7. Add the roasted sweet potatoes to the salad.
8. Drizzle the dressing over the salad and gently toss everything together until all ingredients are coated with the dressing.

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