

## HIGH FIBER DIET

### ROASTED SWEET POTATO SALAD

1 lb. sweet potatoes, peeled  
2 bunches scallions, white and pale-green parts only  
2 Tbs. grapeseed oil, divided  
1 Tbs. reduced - sodium soy sauce  
1 Tbs. balsamic vinegar  
1 tsp. brown sugar  
8 cups mixed salad greens  
¼ cup roasted sunflower seeds

#### Step 1:

Preheat oven to 450°F. Cut sweet potatoes into ½ inch cubes. Cut scallions into ½ inch pieces. On rimmed baking sheet, toss sweet potatoes and scallions with 1Tbs. oil. Roast until potatoes are tender and scallions are browned, 10 – 12 minutes. Remove and allow to cool.

Step 2: In a large bowl, whisk soy sauce, vinegar, and sugar with remaining 1 Tbs. oil. Toss salad greens with dressing. Top with cooled sweet potatoes, scallions, and sunflower seeds.

Serves 2.