Super Sprout Salad

This is a very high protein salad making it a great main course

2 servings

1 lb organic sweet potatoes (1 large) cut into 2” by ½” sticks (peel if not organic)
6 Tb extra virgin olive oil
2 Tb lemon juice
2 Tb apple cider vinegar
1 Tb tamari
1 tsp raw honey or pinch of stevia
Celtic sea salt
1 ½ cups lentil, mung, pea or adzuki bean sprouts
3 cups romaine coarsely chopped
½ seedless cucumber cut into ½” dice
2 cups baby lettuce
2 scallions thinly sliced
8 oil cured olives pitted and chopped
¼ cup raw sauerkraut, drained
1 firm ripe avocado cut into large chunks
• Preheat oven to 450. Heat a large rimmed baking sheet.
• Toss the sweet potatoes with 2 Tb olive oil. Season with salt and pepper.
• Remove the baking sheet from the oven and spread the potatoes in an even layer.
• Bake 20-30 minutes or until the sweet potatoes are just tender.
• In a small bowl, combine the lemon juice and vinegar, tamari and honey with the remaining ¼ cup of oil. Season the dressing with salt.
• In a small bowl, toss the sprouts with 2 Tb of the dressing and let stand for 10 minutes tossing a few times
• In a large bowl, combine the romaine, cucumber, lettuce, scallions, olives, sauerkraut and avocado
• Add the remaining dressing and toss well.
• Transfer the salad to 2 plates and top with the roasted sweet potatoes around the outside, finish with marinated sprouts in the middle