



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