

K's Kitchen: Sweet potatoes on a salad

By Kathryn Reed

Nutritional and pretty. What more could you want?

Sweet potatoes can be cooked in so many ways. Having them as fries is how I am most familiar with them. Clearly, not my healthiest choice.

Adding them to a salad brings a bit of sweetness. The dressing used here is a bit nutty and tangy, which all together provides a lovely complement of flavors.

Any greens for the salad would be fine. Arugula has a distinctive peppery flavor. I miss the days of growing it this time of year when I lived in Sonoma County. Thank goodness for grocery stores!



Greens with Sweet Potatoes and Chickpeas

2 small sweet potatoes

$\frac{1}{4}$ C almond butter

$3\frac{1}{2}$ T warm water

3 T fresh lemon juice, divided

2 T olive oil, divided

1 15-ounce can chickpeas, drained

5 ounces arugula-spinach mix

$\frac{3}{4}$ tsp kosher salt

1 tsp black pepper

Peel potatoes. Prick them all over with a fork; then microwave for about 5 minutes, or until tender. Cut into quarter inch-thick rounds.

Whisk together almond butter, water, and 1 tablespoon lemon juice. Set aside.

Heat a large skillet over medium-high with 1 tablespoon oil. Cook potato slices until golden brown.

In a large bowl combine chickpeas, salad greens, salt, pepper, remaining 2 tablespoons juice, and 1 tablespoon oil. Divide salad mixture between four plates; top with sweet potato slices. Drizzle with almond butter sauce.