

Spinach, Sweet Potato and Shiitake Salad

Ingredients:

1 pound sweet potatoes

1/₃ cup walnuts, shelled

2 garlic cloves, minced

12 oz. shiitake mushrooms, stems discarded and caps thickly sliced

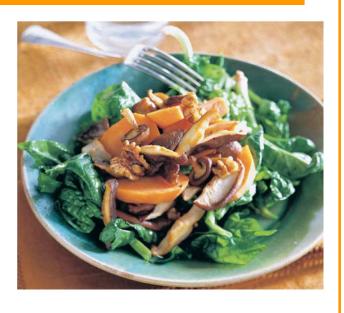
1/4 tsp. salt

12 cups spinach leaves

4 tsp. olive oil

1 tbsp. Dijon mustard

½ cup red wine vinegar











Nutrition Facts

Serving Size 1 1/2 cup (340g) Servings Per Container 3

Amount Per Serving

Calories 260) Cal	ories from	1 Fat 100
		% C	Daily Value*
Total Fat 11		17%	
Saturated Fat 1.5g			8%
Trans Fat	0g		
Cholesterol 0mg			0%
Sodium 380mg			16%
Total Carbohydrate 38g			13%
Dietary Fiber 10g 4			40%
Sugars 7g			
Protein 7g			
Vitamin A 17	0% •	Vitamin	C 45%
Calcium 8%	•	Iron 20%	6
*Percent Daily Va	alues may	be higher or	
depending on you	ur calorie i :Calories	needs: 2,000	2,500

Directions:

- 1. Preheat the oven to 400°F. Place the sweet potatoes on a baking sheet coated with nonstick cooking spray, and bake until tender, about 15-20 minutes. Remove the potatoes from the oven and cool.
- 2. Toast the walnuts in a separate pan in the oven until crisp, about 5-7 minutes. Coarsely chop the nuts when they are cool enough to handle.
- Heat a large nonstick skillet coated with cooking spray over medium heat. Add the garlic and cook until fragrant, about 30 seconds.
- 4. Add half the mushrooms, sprinkle them with the salt, and cook until they begin to soften, about 4 minutes. Add the remaining mushrooms and cook until all the mushrooms are tender, about 5 minutes.
- 5. Place the spinach in a large bowl. Add the sweet potatoes and walnuts. Remove the mushrooms from the skillet with a slotted spoon and add to the bowl with the spinach.
- 6. Add the oil, vinegar, and mustard to the skillet, and whisk over high heat until warm. Pour the dressing over the salad and toss to combine.