

Riverview Wellness Center

Recipe

Client Name:

Recipe for: Moroccan Sweet Potato Salad

Ingredients: 4 medium sweet potatoes cut into 1 inch cubes
1/3 cup plus 2 Tbsp olive oil (divided)
1/2 tsp salt (divided)
2 cloves garlic, minced
1 tsp each paprika and ground cumin
1/8 tsp cayenne pepper
3 Tbsp lemon juice
1/3 cup each chopped, fresh parsley and cilantro
1/3 cup sliced almonds, lightly toasted

Preparation: Preheat oven to 425 degrees F. Toss sweet potatoes with 2 Tbsp olive oil and 1/2 tsp salt. Put sweet potatoes on a baking sheet or in a roasting pan and cook, stirring once until tender, about 15 min. Keep a close eye on potatoes, they cook quickly. Keep warm in a large bowl. Meanwhile, in a small bowl, make the marinade by combining garlic, cumin, paprika, cayenne, lemon juice and remaining 1/2 tsp salt. Whisk in remaining 1/3 cup olive oil and then add parsley and cilantro.

Gently combine roasted sweet potatoes with the marinade and toasted almonds. Serve at room temperature. If made ahead of time, refrigerate then allow to come to room temperature before serving. Makes 6 servings.

Note: To toast nuts, spread on baking sheet and bake in 350 degree oven for 5 to 8 min. or until they start to brown.