

Sweet Potato, Arugula, Pear, Pomegranate Salad, Orange Dijon Vinaigrette

Portion Size: 1/2 cup

Yield: 8

Roasted Sweet Potatoes

Sweet Potatoes, peeled, diced	2 ½ cup
Thyme, fresh, minced	½ tsp
Salt	1/8 tsp
Black Pepper	¼ tsp
Canola Oil	1 TBSP

Orange Dijon Vinaigrette

Orange Juice	3 TBSP
Balsamic Vinegar	1 TBSP
Whole Grain Mustard	1 tsp
Honey	½ tsp
Ground Black Pepper	1/8 tsp

Salad

Bartlett Pears	2 each
Pomegranate Seeds	¼ cup
Baby Arugula	1 cup
Salt	¼ tsp
Ground Black Pepper	1/8 tsp

Preparation:

Prepare Roasted Sweet Potatoes:

1. Preheat oven to 325°F.
2. Toss sweet potatoes with thyme, salt, pepper and oil. Place potatoes on a sheet pan.
3. Roast in 325°F oven for approximately 20 minutes or until caramelized and tender.
4. Chill.

Prepare Orange Dijon Vinaigrette:

1. In a bowl, whisk together orange juice, balsamic vinegar, mustard, honey, and black pepper.

Assemble Salad:

1. Peel, core, and dice pears.
2. In a bowl, toss together pears, sweet potatoes, dressing, pomegranate seeds, arugula, salt, and pepper.

Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
70	1	13	2	6	1	0	90



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