



WINTER SWEET POTATO SALAD

Large sweet potatoes

Baby spinach leaves

Dry coleslaw (mixed with some natural yoghurt and/or seeded mustard)

OR

Standard coleslaw

Crumbled feta cheese OR Shredded Cheddar Cheese

Homemade salsa (diced tomato, diced avocado, diced red onion)

Diced capsicum (green, red or yellow)

Peas OR Corn kernels

Shredded beetroot (optional) OR shredded

Cooked diced bacon (optional)

Pierce sweet potato and bake in the oven at 180°C until soft all the way through (baking brings out the flavour more than steaming).

Place the baked sweet potato into a bowl and chop roughly into large pieces.

Next start layering your salad into a large bowl:

- Chopped sweet potato
- Baby spinach leaves
- Coleslaw
- Feta cheese or cheddar cheese
- Peas or corn kernels
- Diced capsicum
- Shredded beetroot
- Salsa
- Diced bacon (optional)

Tips:

- ✓ Try some cooked crumbled tofu
- ✓ Another favourite of mine is some cauliflower – pop florets into a blender and pulse until cauliflower is the size of rice (you can even lightly toast this with some coconut oil)
- ✓ Use rocket instead of baby spinach leaves to add a little “peppery” flavour
- ✓ Try some grilled diced fresh pineapple