

# Recipe for: ROASTED SWEET POTATO, WILD RICE & ARUGULA SALAD

## INGREDIENTS

- 2 cups cooked rice (about ½ cup raw)
- 2 large sweet potatoes, peeled and diced (about 3-4 cups)
- 1 tablespoon olive oil
- 1 teaspoon chili powder
- Salt and pepper to taste
- 3 cups arugula (or other spring green - kale, mustard, beet greens, spinach, etc)
- ½ cup almond slivers (or other nuts/seeds of choice)

### **For the dressing:**

- 2 lemons, juiced
- 1/3 cup olive oil
- 2 teaspoons honey or maple syrup
- 2 cloves garlic
- Salt to taste

## DIRECTIONS

1. Cook the rice according to package directions. Meanwhile, make the dressing by pureeing all the dressing ingredients in a food processor or blender. When the rice is done, toss it with a little bit of the dressing and refrigerate or set aside.
2. Preheat the oven to 400 degrees F. Place the sweet potato pieces directly on a baking sheet. Drizzle with the oil and sprinkle with the chili powder, salt, and pepper. Stir directly on the pan to get everything mixed. Roast for 20-25 minutes, stirring every so often to keep from burning. When the sweet potatoes are golden brown on the outside, remove from the oven and set aside.
3. Toss the arugula, wild rice, sweet potatoes, cashews, and the remaining dressing together. Serve warm or cold. Enjoy!

*Recipe adapted from [pinchofyum.com](http://pinchofyum.com)*



**KCCG**  
KANSAS CITY COMMUNITY GARDENS