



Spinach and Sweet Potato Salad

Serves 4

Ingredients

- 4 cups fresh spinach, washed and dried
- 1 1/2 cups fresh raspberries (or berry of your choice), washed and dried
- 1 cup fresh carrots, peeled and sliced
- 2 cups roasted sweet potatoes or yams, chilled and cut into bite-sized chunks
- 3/4 cup Cucumber Yogurt Salad Dressing (see below for recipe)

Directions

In large salad bowl, gently combine all ingredients, except berries.
Toss with the salad dressing. Garnish with the fresh berries.

Cucumber Yogurt Sauce and Salad Dressing

Makes 3 cups

Ingredients

- 3 cups plain Greek yogurt
- 1/2 cup cucumber, finely diced
- 1/2 cup tomato, finely diced
- 2 teaspoons garlic, minced
- 2 teaspoons fresh lemon juice
- 2 teaspoons fresh mint, finely chopped
- Kosher salt or sea salt, to taste
- Freshly ground black pepper, to taste

Directions

Combine all ingredients. Adjust salt and pepper to taste. Refrigerate at least one hour.
Just before serving, stir to evenly redistribute ingredients. Serve with meatballs or on Spinach & Sweet Potato salad.