

# Sweet Potato + Spinach Salad w/ Yogurt-Garlic Dressing

## Dressing:

- 1/2 cup nonfat plain yogurt with Live and Active Cultures  
(probiotics, zinc)
- 2 Tablespoons low-fat milk or milk substitute  
(fortified soy milk, almond milk, etc.)  
(good source of vitamin A when fortified)
- 1 1/2 Tablespoons lemon juice  
(very good source of vitamin C)
- 1 teaspoon honey  
(raw honey has anti-bacterial, anti-viral, and anti-fungal properties)
- 1 teaspoon extra-virgin olive oil
- 1/2 teaspoon dried oregano  
(very good source of vitamins A, C, and E; good source of vitamin B6)
- 1/2 teaspoon minced garlic  
(very good source of vitamin C and vitamin B6)
- Salt & freshly ground pepper to taste

Combine yogurt, milk, lemon juice, honey, oil, oregano and garlic in a small bowl. Season with salt and pepper to taste.

**Per tablespoon:** 12 calories; 0 g fat ( 0 g sat , 0 g mono ); 0 mg cholesterol; 2 g carbohydrates; 1 g protein; 0 g fiber; 31 mg sodium; 4 mg potassium.

## Salad:

- 1 cup quinoa or brown rice
- 2 cups water (or Chicken Stock or Vegetable Broth)
- 2 TBSP grapeseed oil (or canola oil)

(good source of vitamin E, high smoke point)

- 1 1/2 cups sweet potatoes, chopped

(vitamins A, C, and B6)

- 2 handfuls of fresh baby spinach leaves

(zinc, vitamins A, C, E, and B6)

- 1/4 cup chopped walnuts (or almonds, pecans)

(walnuts = rich in omega-3 fatty acids)

salt and pepper to taste

In a medium saucepan, add water (or broth) and quinoa and stir. Bring to a boil, then cover and reduce heat to low and simmer for 15 minutes. Fluff with a fork and set aside to cool.

In a large skillet on medium heat, heat oil, add sweet potatoes and saute until sweet potatoes are tender (5-15 minutes). Add nuts to the pan for the last 5-8 minutes to toast slightly. Or, add raw nuts to the finished product.

Toss quinoa in yogurt dressing; once combined, add and lightly toss raw spinach to the mixture.

Top with sweet potato/nut mixture.

Enjoy.