

Roasted Sweet Potato and Arugula Salad with Homemade Honey Mustard Dressing



Ingredients:

2-3 sweet potatoes, peeled and quartered lengthwise

1 medium to large sweet onion, cut into 8 wedges

1-2 tbsp. extra virgin olive oil

sea salt and cracked black pepper

1/2 bunch arugula, rinsed and dried

For the dressing:

4 tbsp. extra virgin olive oil

2 tbsp. whole grain mustard

2 tbsp. Dijon mustard

2-3 tbsp. honey or to taste

2 tbsp. red wine vinegar or to taste

fresh lemon juice to taste

fresh basil for garnish

Method: pre-heat oven to 375 degrees. In a mixing bowl toss together sweet potatoes and onion with olive oil and season to taste. Spread potatoes and onion evenly on a baking sheet lined with foil. Cook until tender and nicely caramelized about 30-40 minutes. Meanwhile for the Dressing: combine all ingredients in a mixing bowl and whisk well. To serve: place desired amount of potatoes and onion in center of plate (stacking or over lapping for presentation). In a mixing bowl add desired amount of arugula and drizzle honey mustard around the sides of the bowl. Gently mix arugula with honey mustard to coat. Place arugula over the sweet potatoes and onion. Garnish with basil. ENJOY!