



MAY
2016

Sweet Potato Niçoise Salad

with Lemon-Dijon Dressing

We took some liberties with the classic French salad Niçoise, but worry not, this salad is worthy in its own right. Roasted sweet potato marries with traditional components like tomatoes and green beans for an unexpectedly harmonious medley. The entire salad is amped up by a creamy lemon-Dijon dressing. Bon appétit!



Prep: 15 min
Total: 30 min



level 1



veggie



nut free



dairy free



gluten free



Sweet Potato



Parsley



Cucumber



Garlic



Green Beans



Grape Tomatoes



Spring Mix



Lemon



Black Olives



Red Onion




Dijon Mustard



Chickpeas

Ingredients

	2 People	4 People
Sweet Potato	12 oz	24 oz
Garlic	2	2
Parsley	¼ oz	½ oz
Cucumber	1	2
Green Beans	4 oz	8 oz
Grape Tomatoes	4 oz	8 oz
Spring Mix	2 oz	4 oz
Lemon	1	1
Black Olives 	1 oz	2 oz
Red Onion	1	1
Dijon Mustard	1 t	2 t
Chickpeas	1 Box	2 Boxes
Olive Oil*	1 T	2 T

*Not Included

Allergens

None

Tools

Large Pot, Peeler, Strainer, Baking sheet, Large bowl, Whisk

Ruler

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Nutrition per person Calories: 577 cal | Fat: 15 g | Sat. Fat: 1 g | Protein: 22 g | Carbs: 86 g | Sugar: 15 g | Sodium: 452 mg | Fiber: 24 g



1 Prep the ingredients: Wash and dry all produce. Preheat the oven to 450 degrees. Bring a large pot of **salted water** to a boil. Peel and slice the **cucumber** into rounds. Halve, peel, and thinly slice the **onion**. Peel then slice the **sweet potato** into ¼-inch cubes. Drain and rinse the **chickpeas**. Finely chop the **parsley**. Mince or grate the **garlic**. Thinly slice the **olives**. Halve the **lemon**. Trim the ends of the **green beans**.



2 Roast the sweet potatoes: Toss the **sweet potatoes** on a baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Place in the oven for about 20 minutes, turning halfway through cooking, until golden brown.



3 Cook the green beans: Add the **green beans** to the boiling water and cook for 2-3 minutes, until crisp-tender. Drain and rinse under cold water, then cut into 2-inch pieces.



4 Make the dressing: In a large bowl, mash ¼ of the **chickpeas** until they are smooth. Add the **parsley**, **1 teaspoon Dijon mustard**, the juice of **half a lemon**, and as much **garlic** as you like (start with a little and add more later). Whisk in a large drizzle of **olive oil**. Season to taste with **salt** and **pepper**.

5 Plate: Arrange the **spring mix** on a plate and top with the **tomatoes, sweet potatoes, green beans, cucumbers, olives, remaining chickpeas**, and as much **red onion** as you like. Season with **salt** and **pepper**. **TIP:** You can arrange the ingredients in rows to create a classic Niçoise presentation! Drizzle with the **lemon-Dijon dressing** and dig in!

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