



# Roasted Sweet Potato & Arugula Salad with Pomegranate & Walnuts

This vibrant dish is a delightful combination of flavors and textures that will leave you craving for more.

## Ingredients

- 1 large sweet potato (about 8 ounces), scrubbed and cut into 1/4-inch-thick slices
- 3 tablespoons extra-virgin olive oil, divided
- 1/4 teaspoon fine sea salt plus a pinch, divided
- Freshly ground black pepper to taste
- 1 small shallot, minced
- 2 tablespoons balsamic vinegar
- 1 tablespoon Dijon mustard
- 1 teaspoon pure maple syrup or honey
- 5 cups packed fresh arugula
- 1/2 cup roughly chopped walnuts, toasted (see Tip)
- 1/2 cup pomegranate seeds
- 4 ounces goat cheese, crumbled (optional)

## Preparation

1. Preheat oven to 450°F.
2. Place sweet potato slices on a large, rimmed baking sheet. Drizzle with 1 tablespoon oil and sprinkle with 1/4 teaspoon salt and pepper to taste. Toss to coat and arrange in a single layer. Roast for 15 minutes, toss, then continue roasting until the potatoes are soft and browned in places about 5 minutes more.
3. Meanwhile, whisk shallot, vinegar, mustard, maple syrup (or honey), the remaining pinch of salt and pepper to taste in a small bowl.
4. Gradually whisk in the remaining 2 tablespoons oil until the vinaigrette comes together.
5. Arrange arugula on a serving platter. Top with the sweet potatoes and sprinkle with walnuts, pomegranate seeds and goat cheese (if using). Drizzle with the vinaigrette. Serve immediately.

To make ahead, refrigerate dressing (step 3) for up to 3 days; shake well before using.

**Tip:** For the best flavor, toast nuts before using in a recipe. To toast chopped nuts, place in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant, 2 to 4 minutes.

## Nutrition (per serving)

Yield 4 servings. Calories 186; total carbohydrates 15g; fat 14g; protein 3g.

Source: [eatingwell.com](https://www.eatingwell.com)

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