

# Sweet Potato Harvest Salad

October 2025 Recipe

Makes: 4 servings



## Ingredients

- 4 cups sweet potatoes (diced)
- 1 cup red apple (diced)
- ¼ cup pomegranate seeds
- 4 Tbsp. unsalted pumpkin seeds (pepitas)
- 1 Tbsp. apple cider vinegar
- 2 ½ tsp. extra virgin olive oil
- ¼ tsp. salt
- ⅛ tsp. black pepper

## Nutritional information for 1 serving

Calories	244
Total fat	10 g
Saturated fat	2 g
Cholesterol	0 mg
Sodium	255 mg
Carbohydrate	35 g
Dietary fiber	6 g
Total sugars	10 g
Added sugars included	0 g
Protein	7 g

## Directions

1. Preheat oven to 400 F.
2. Drizzle the diced sweet potatoes with 1 tsp. of olive oil and roast in the oven on a baking sheet for 10 minutes.
3. Once the sweet potatoes are cooked, remove them from the oven and allow them to cool.
4. In a large mixing bowl, combine the sweet potato, apples, pomegranate seeds and pepitas.
5. Whisk the remaining ½ Tbsp. of olive oil, apple cider vinegar, salt and black pepper in a separate bowl.
6. Once mixed, add to the sweet potato mixture and toss until the salad is lightly coated.