Recipe For Health | NOVEMBER 2019

SWEET POTATO, NUT, & CHERRY SALAD WITH CRANBERRY VINAIGRETTE

All the tastes of Thanksgiving served on a bed of greens. Delightful!

Chef John Finley, Executive Chef, University Club of MSU

Featured Food: Thanksgiving

Yield: Serves 10

Ingredients

Cranberry Vinaigrette: Salad:

1 c vegetable oil 2 sweet potatoes, diced and cooked

¼ c champagne vinegar1 c dried cherries1 T Dijon mustard½ c pecans, toasted1 T water20 oz mixed greens

2 T sugar

1 c cranberries, ground in food processor

Salt, pepper

Preparation

For the vinaigrette:

Blend all ingredients in a blender or food processor. Taste, chill and serve.

To assemble the salad:

Mix the potatoes, cherries and pecans together in a medium bowl. Place the mixed greens onto 10 plates and top with the sweet potato mix. Drizzle the cranberry vinaigrette over the top and serve.