

# Peach & Sweet Potato Salad

10 ingredients · 15 minutes · 3 servings



## Directions

1. Heat 1/4 of the olive oil in a skillet over medium heat. Cook sweet potato for about 7 minutes, stirring occasionally. Add the peach slices. Cook until slightly browned and the sweet potatoes are tender, adding more oil if necessary.
2. In a bowl or mason jar, whisk together the remaining oil, salt, balsamic vinegar and maple syrup.
3. Divide spinach, sweet potato, peaches, tomatoes, pistachios and cheese into bowls. Drizzle with your desired amount of dressing. Enjoy!

## Notes

### Storage

Refrigerate in an airtight container up to 3 to 4 days.

### No Peach

Use nectarines, plums, pear or gala apples instead.

### No Goat Cheese

Use feta or cashew cheese instead.

## Ingredients

- 1/4 cup Extra Virgin Olive Oil (divided)
- 1 Sweet Potato (medium, sliced into small cubes)
- 1 Peach (sliced)
- 1/4 tsp Sea Salt
- 1 tbsp Balsamic Vinegar
- 1 1/2 tps Maple Syrup
- 4 cups Baby Spinach
- 1/2 cup Cherry Tomatoes (halved)
- 1/4 cup Pistachios (shelled and chopped)
- 1/4 cup Goat Cheese (crumbled)

## Nutrition

Amount per serving

<b>Calories</b>	324	Vitamin A	10321IU
<b>Fat</b>	25g	Vitamin C	20mg
<b>Carbs</b>	22g	Calcium	81mg
Fiber	4g	Iron	2mg
Sugar	11g	Vitamin D	0IU
<b>Protein</b>	6g	Vitamin B12	0µg
Cholesterol	3mg	Magnesium	63mg
Sodium	299mg	Zinc	1mg
Potassium	641mg	Selenium	1µg