

Fall Main-Dish Salad

Recipe By *Brynie Greisman*



Cooking and Prep:  25
m

Serves:  4

Contains: 

Preference: Meat

Difficulty: Medium

Diet: Gluten Free

Source: Family Table by
Mishpacha Magazine

This salad highlights the fall harvest. Together with the citrus vinaigrette, it's a culinary experience you don't want to miss! You can use butternut squash or pumpkin instead of the sweet potatoes and you can swap any combo of dried fruit and nuts for the ones used in the recipe. When I tested this recipe the first time and gave it to my epicure friend to taste, she said, "This is the most delicious thing I've ever tasted!" She proceeded to make it for Rosh HaShanah, sans the chicken, much to the delight of her family and guests.

Ingredients (22)

Main ingredients

- 1 pound sweet potatoes (3 medium), peeled and cubed
- 1 tablespoon **Bartenura Olive Oil**
- Glicks Oil Spray**

- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- generous handful of baby lettuce
- 1–1 and 1/2 cups cubed cooked chicken
- 1 red apple, cubed
- 1 scallion, thinly sliced
- 1/4 cup golden raisins
- 5 dried apricots, chopped
- a few sprigs parsley, chopped
- a handful candied pecans

Dressing

- 1 tablespoon **Bartenura Olive Oil**
 - 1 tablespoon rice vinegar
 - 2 tablespoons fresh orange juice
 - 1 tablespoon real maple syrup such as **Gefen Pure Maple Syrup**
 - 1 teaspoon fresh lemon juice
 - 1/4 teaspoon cinnamon, or to taste
 - pinch of nutmeg
 - pinch of pepper
 - pinch of ginger
-

Start Cooking

Prepare the Salad

Yields 4 main dish servings or 6 side dish servings.

1. Preheat oven to 400 degrees Fahrenheit (200 degrees Celsius). Place sweet potatoes in a large

baking pan lined with Gefen Easy Baking Parchment Paper. Drizzle with olive oil, spray with oil spray, and sprinkle with salt and pepper. Toss to coat. Bake for 25–30 minutes or until tender, stirring occasionally. Cool to room temperature.

2. In a large bowl or platter, place a layer of baby lettuce. Add the sweet potato cubes, chicken, apple, scallion, raisins, apricots, and parsley.
3. In a small bowl, whisk the dressing ingredients. Pour over salad mixture. Toss to coat. Sprinkle with candied pecans. Enjoy!

Note:

You can make this pareve by omitting the chicken and serving it as a side dish. I love it that way. If you decide to use chicken, it's a great way to use up any leftovers.