

# Medley of Nuts Salad

Recipe By Chanie Nayman



Cooking and Prep:  1 h

Serves:  10

Contains:  

**Preference:** Dairy

**Difficulty:** Easy

**Occasion:** Shavuot,  
Chanukah, Nine Days

**Diet:** Vegetarian, Gluten Free,  
Low Carb

**Source:** Family Table by  
Mishpacha Magazine

I named this salad after the nuts because they're what makes the salad so amazing. I got this recipe from my friend Simone with these ingredients, but you are free to substitute as you wish. I have a feeling sautéed mushrooms will do very well here. Either way, it's a huge crowd pleaser!

## Ingredients (12)

### Salad

- 10 cups chopped romaine lettuce
- 1 large or 2 medium sweet potatoes, cubed
- 1 6-oz (170-g) package feta cheese, crumbled
- 1/4 cup sliced almonds, skin on

- 1/4 cup cashews
- 1/4 cup walnuts or pecans
- 2 tablespoons sunflower seeds

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## Dressing

- 1/4 cup **Kedem Red Wine Vinegar** or other red wine vinegar
  - 1/4 cup canola oil
  - 1/4 cup **Bartenura Olive Oil**
  - a squirt **Haddar Dijon Mustard**
  - salt and pepper, to taste
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## Start Cooking

### Nuts

1. Preheat oven to 350°F (180°C).
2. Place all nuts on a baking sheet. Spray with cooking spray and sprinkle with salt.
3. Bake for 20 minutes, or until golden.

### Sweet potatoes

1. Place cubed sweet potatoes on another cookie sheet and spray with cooking spray and season with salt. Bake for 20–30 minutes.

### Assembly

1. In a large serving bowl, layer salad starting with romaine lettuce, then the sweet potatoes and feta cheese, then the nuts.
2. Sprinkle with dressing just before serving.