

# Roast sweet potato, pomegranate and pecan salad

(Serves 4-6 as side dish)

Promote 3-indolepropionic acid (IPA) production with this recipe rich in ellagic acid.



## Ingredients:

### Sweet potato:

- 600g sweet potato (approx. 2 medium size)
- 2 tbsp olive oil
- 1 tsp ground cinnamon
- Salt and pepper to taste

### Salad:

- 100g spinach or leafy greens
- $\frac{3}{4}$  cup pecans
- $\frac{1}{2}$  red onion, finely diced
- $\frac{1}{2}$  cup feta, diced or crumbed
- $\frac{1}{2}$  cup pomegranate arils
- 1 tbsp fresh mint, hand shredded
- 1 tsp olive oil

## Method:

- Preheat oven to 220°C.
- Wash sweet potato and cut into large wedges.
- Toss the sweet potato in olive oil and coat in cinnamon.
- Place on baking tray, season with salt and pepper, then bake in the oven for 20 minutes.
- In a large bowl add greens, cooked sweet potato, red onion, pecans, pomegranate arils and top with feta and mint.
- Drizzle with olive oil and toss salad to mix.