



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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Sweet Potato & Avocado Green Salad

- 1 lg Sweet Potato
skin on, ¼ inch rounds, halved
- 1 md Ripe Avocado, cubed
- 5 cups Dark Leafy Greens
- 2 Tbsp Chia Seeds
- 2 Tbsp. Pine Nuts, toasted
- 1 Tbsp. Flax Seed
- 1 Tbsp Avocado Oil
- 1 pinch Sea Salt

Dressing

- ¼ cup Tahini (sesame seed paste)
- 2 Tbsp Lemon Juice
- 1 pinch Sea Salt
- Water (to thin)



minimalistbaker.com

1. Preheat oven to 375 degrees F and line a baking sheet with parchment paper.
2. Add sweet potatoes, coat in oil and sprinkle salt. Spread into an even layer.
3. Bake 15 minutes. Then flip/toss to ensure even baking.
4. Bake 5-10 minutes more or until tender and golden brown.
5. In the meantime, prepare dressing by adding tahini, lemon juice, and salt to a small mixing bowl. Whisk to combine. Then add water a little at a time until a semi-thick, pourable dressing is achieved.
6. Assemble salad by adding greens to a serving bowl and topping with roasted sweet potato and avocado. Sprinkle on nuts and seeds, and serve with dressing. Chill at least one hour before serving.

Leftovers keep (stored separately) in the refrigerator up to 3 days.

Dressing will stay for 5-7 days.