

Roast sweet potato, pomegranate & 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:

1. Preheat oven to 220°C.
2. Wash sweet potato and cut into large wedges.
3. Toss the sweet potato in olive oil and coat in cinnamon.
4. Place on baking tray, season with salt

and pepper, then bake in the oven for 20 minutes.

5. In a large bowl add greens, cooked sweet potato, red onion, pecans, pomegranate arils and top with feta and mint.
6. Drizzle with olive oil and toss salad to mix.