

SWEETGREEN HARVEST SALAD DUPE

If you're a regular at salad chains but still feeling bloated and inflamed, it might be time to take a closer look at the oils used to dress those leafy greens. Unfortunately, many chains opt for sunflower oil, which sounds healthy, but is high in omega-6 fatty acids. High consumption of these oils can lead to an imbalance with omega-3 and potentially lead to inflammation. With some prep and planning, you can upgrade your salad game by choosing healthier fats (in this case, olive oil). In the end, you'll have a better-tasting salad and save yourself some cash too.

INGREDIENTS

1 bunch of kale, stems removed, washed, dried, and chopped
2 medium-sized sweet potatoes, peeled, cut lengthwise into quarters, then cut into slices
1 medium-sized apple, diced (we used Honeycrisp)
1/2 cup slivered almonds, dry toasted on the stove
1 chicken breast, grilled and diced
1/2 cup wild rice, cooked according to directions
1/2 cup of crumbled goat cheese
3-4 tablespoons extra virgin olive oil
2-3 tablespoons balsamic vinegar
1 heaping teaspoon Dijon mustard
salt and pepper to taste
olive oil

SERVES FOUR

- 1 Preheat the oven to 425°F.
- 2 In a mixing bowl, toss the diced sweet potatoes with a drizzle of olive oil, salt, and pepper, spread in a single layer on a baking sheet and roast in the oven for 20-25 minutes, or until they are tender and lightly browned.
- 3 While the sweet potatoes are roasting, prepare the dressing placing Dijon mustard, balsamic vinegar, olive oil, and a pinch of salt and pepper in a small jar. Cover and shake well.
- 4 In a large salad bowl add the chopped kale and season with some salt and pepper. Massage the kale down with your hands if you have trouble digesting. Add the sweet potatoes, diced apples, wild rice, chicken, and slivered almonds to the bowl.
- 5 Drizzle the dressing over the top of the salad and toss again to ensure everything is evenly coated.
- 6 Sprinkle the crumbled goat cheese over the top of the salad.

NOTES

- Cook the wild rice according to instructions. Cook with some vegetable or chicken broth for added flavor. Soak the wild rice overnight to speed up cooking time.