

METABOLIC NUTRITION PROGRAM

Grilled Sweet Potato and Arugula Salad

Adapted from Cosmopolitan.com

Servings Per Recipe: 4
Serving Size: 1.5 cups
Per Serving: 340 Calories, 2.5 gm Protein, 26 gm Fat,
26 gm Carbohydrates

- 1 pound sweet potatoes, peeled and thinly sliced
- 1 Tablespoon olive oil
- Salt and pepper
- 4 cups baby arugula
- ½ red onion, thinly sliced
- 2 Tablespoons mint leaves, chopped
- ½ cup mayonnaise
- 1 garlic clove, minced
- 1 Tablespoon Dijon mustard
- 1 Tablespoon white-wine vinegar

Directions

1. Preheat a grill or heat a grill pan over medium heat. Brush each side of the sweet potato slices with olive oil. Grill sweet potatoes 5 - 6 minutes on each side, until tender.
2. Remove from heat, and let cool. Season with salt and pepper. Toss sweet potatoes with arugula, onion, and mint.
3. For the dressing, whisk mayonnaise, garlic, Dijon, and vinegar. Season with salt and pepper, to taste. Refrigerate until serving time. Drizzle salad with dressing just before serving.

Nutrition Facts	
Serving Size 1.5 cups (188g)	
Servings Per Container 4	
Amount Per Serving	
Calories 340	Calories from Fat 230
% Daily Value*	
Total Fat 26g	40%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 340mg	14%
Total Carbohydrate 26g	9%
Dietary Fiber 4g	16%
Sugars 6g	
Protein 3g	
Vitamin A 330% • Vitamin C 10%	
Calcium 8% • Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	