

## **SPRING MIX SALAD WITH ROASTED YAMS AND FETA CHEESE**

*(adapted from The Dude Diet)*

2 yams, peeled and cut into cubes  
2 teaspoons olive oil  
1/8 teaspoon ground cinnamon  
Kosher salt  
Freshly ground black pepper  
4 ounces baby spring mix  
1/4 cup pepitas, dry toasted on a skillet until fragrant  
2 ounces feta cheese, crumbled  
for the dressing:  
4 tablespoons avocado oil  
3 tablespoons apple cider vinegar  
1/4 teaspoon kosher salt

Heat the oven to 375 ° F. Line a baking sheet with parchment paper or aluminum foil. Place the yams in a bowl large enough to toss them around, add the 2 teaspoons of olive oil, salt, and cinnamon. Mix well, transfer them to the baking sheet and roast for about 25 minutes, until starting to get brown at the edges, and is cooked through, when you test with a fork. Remove from the oven and let cool slightly.

Make the dressing inside a serving bowl, by whisking together all ingredients. Add the spring mix, roasted yams, and toasted pepitas. Mix well, and add the crumbled feta on top, right before serving.