

## Spinach, Sweet Potato and Shitake Salad

### Ingredients

- 1 lb. sweet potatoes
- 1/3 cup Walnuts
- 4 tsp. and 1 tbsp. Olive oil
- 2 garlic gloves
- 12 oz. Shitake mushrooms
- 1 tsp. salt
- 12 cups spinach leaves
- 1/2 cup red wine vinegar
- 1 tbsp. Dijon mustard



### Instructions

1. Peel and cut sweet potato's in half lengthwise into 1/2 inch slices.
2. Clean and sliver garlic.
3. Discard stems of mushroom and thinly slice mushroom caps.
4. Preheat the oven to 400 degrees. Place the sweet potatoes on a lightly oiled baking sheet and bake for 15-20 minutes.
5. Toast the walnuts in a separate pan in the oven for 5-7 minutes, or until crisp.
6. When cook enough to handle, coarsely chop the nuts.
7. In a large skillet, heat the 1 tbsp. of the oil over medium heat. Add the garlic and cook for 30 seconds, or until fragrant.
8. Add half the mushrooms, sprinkle them with 1/4 tsp. of the salt and cook for 4 minutes, or until they begin to soften.
9. Add the remaining mushrooms and 1/4 tsp salt and cook for 5 minutes or until all the mushrooms are tender.
10. Place the spinach in a large bowl. Add the sweet potatoes and walnuts. Remove the mushrooms from the skillet with a slotted spoon, and add them to the bowl with the spinach.
11. Add the vinegar, mustard, and remaining 4 tsp of oil to the skillet, and whisk over high heat until warm. Pour the dressing over the salad and toss to combine.