

# ROASTED SWEET POTATO AND BEET SANDWICH

Total Time: 35 minutes | Servings: 4

## INGREDIENTS

*4 cups baby arugula or kale*  
*2 cups sliced sweet potato*  
*2 cups sliced, peeled beets*  
*1/2 cup thinly sliced red onion*  
*1/2 cup distilled white vinegar*  
*1/2 cup plain, strained whole-milk yogurt*  
*1/4 cup crumbled feta cheese*  
*3 tablespoons EVOO, divided*  
*1 tablespoon lemon juice*  
*1 teaspoon ground pepper*  
*1/4 teaspoon salt*  
*1 whole wheat baguette, toasted*



## INSTRUCTIONS

Start by preheating your oven to 400 degrees Fahrenheit. Slice the beets and sweet potatoes into large slices. Toss the sweet potatoes, beets, 2 tablespoons of oil, and 1/4 teaspoon each of salt and pepper in a medium bowl. Then, spread out the sweet potatoes and beets on a large baking sheet. Roast the ingredients until tender, about 20 minutes. Meanwhile, combine your onion and the vinegar in a small bowl. Mix yogurt, feta and ground pepper to taste in another small bowl. Combine arugula, lemon juice, the remaining 1 tablespoon of oil, and a pinch of salt in a medium bowl. Massage gently with clean hands. Drain the onions. Arrange the sweet potatoes and beets on the bottom half of the baguette, and top with the greens and onions. Spread the yogurt mixture on the top half of the baguette; place spread-side down on the sandwich and enjoy.