

Chef's Salad with Marinated Sweet Potato

Chef's salad, which is considered one of the great American dinner salads, is presented tonight with the standard sliced deli meats and salad makings. You'll also add bell peppers, cabbage, fennel and marinated sweet potato to this mix. If you prefer not to use the sweet potato, the salad stands just fine without it, but, this marinated sweet potato is really good.

This Chef's version replaces the meats or cold cuts with plant-based choices. The salad is dressed with a low-calorie Creamy Basil dressing. **Preparation time: 50 minutes - Servings: 2**

Organize Your Ingredients!

Notes on Organizing

Prep and organize ingredients on small plates or in bowls. When prepping veggie ham slices, I simply roll the slices and cut them into thin strips with a pair of kitchen shears.

Chef's Salad

Sweet Potato:

1 small sweet potato or yam (peeled and diced)

Marinade:

1/3 C. low-sodium vegetable broth

1 T. rice wine vinegar

1/2 tsp. coconut extract

pinch of salt

Chef's Salad

10-12 leaves red or green leaf lettuce

2/3 C. red bell pepper (cut into thin slices)

12-16 slices cucumber

3 green onions (chopped)

2/3 C. cabbage (shredded)

2/3 C. fresh fennel (shredded)

8 cherry tomatoes (halved)

2 Plant-based Yves ham slices (rolled and thin-sliced)

Plant-based Choice or Chicken Option

Plant-based Choice:

1 tsp. olive oil

10 Chick'n strips

1/4 C. white wine

Chicken Option:

1 tsp. olive oil

1 boneless, skinless chicken breast

1/2 C. white wine

salt and pepper to taste

Creamy Basil Dressing

1 whole peeled garlic clove

2 T. onion (finely-chopped)

1/4 C. chopped fresh basil

pinch of salt

1 T. rice wine vinegar

1 T. olive oil

3/4 C. nonfat yogurt

1/2 tsp. Dijon mustard

Remaining Items

1 small baguette or 2 artisan rolls (warmed)

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Start by marinating the sweet potato. Once that's underway everything falls into place.

Marinated Sweet Potato:

Boil diced sweet potatoes 10-12 minutes in 1 C. water. Drain and place cooked potatoes in a bowl with a marinade of broth, vinegar, coconut extract and salt. Let stand until ready to add to salad.

Plant-based Choice or Chicken Option

Plant-based Choice

Brown Chick'n strips in oil and add 1/4 C. white wine to the pan. Toss until wine disappears. Remove from heat. When cool enough to handle, slice lengthwise before placing on salad.

Chicken Option:

Brown chicken breast in oil. Add 1/2 C. white wine, reduce heat to medium-low, cover and cook 5 minutes per side. Season with salt and pepper and let cool. Thin slice before adding to salad.

Chef's Salad

1. Break up lettuce and divide between two large dinner plates.
2. Arrange vegetables over both salads.
3. Divide chopped veggie ham and plant-based Chick'n or optional meat choice between plates.
4. Drain sweet potatoes and arrange over salads.

Creamy Basil Dressing/Artisan Rolls

Creamy Basil Dressing:

Blend all salad dressing ingredients in a food processor until smooth and creamy. Transfer to a small pitcher for serving.

Baguette or Rolls:

About 10 minutes before you wish to dine, wrap bread or rolls in foil and warm in a 250° oven.

Serve salads with warm bread and dressing on the side.

What I've Learned from this Recipe

You can always opt for a commercial salad dressing of choice. I make my own because I like to know what's in it. Commercial dressings usually have a high sodium content as well as fillers, so homemade can be a healthy choice.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com