

Trim Healthy  
W I S D O M

## Purple Sweetie Salad (E or XO)

(Depending upon the chosen dressing.)

*(S- This salad is so versatile. I'm not going to tell you exactly how much to make, but you can't mess up as you don't need to be precise. You can take a wise E portion of it... add some Bashed Chicken or other protein of choice and lay it over a lovely bed of soft greens. Or you can just have it as a healthy E side to any meal... even a smoothie!)*

*Sweet potatoes of all colors have to be one of my favorite foods, but the purple-fleshed babies really rock my world! The purple hue is proof of their rich source of antioxidants and anthocyanins, which are anti-diabetic, anti-inflammatory, anti-cancer, and anti-microbial.*

*Purple sweeties have 150% more antioxidants than blueberries!!! Of course, they are also rich in so many more nutrients and health benefits that I don't have time here to bring to light, but we brought many of them to light on pages 211-212 of the Trim Healthy Wisdom book.)*

Multiple Servings

### INGREDIENTS:

Any Desired Amount of the Following:

- Purple sweet potatoes (unpeeled, pre-cooked, either steamed or slow baked or however you like to cook your sweeties. If choosing to steam, cube the potatoes before steaming.)
- Vidalia sweet onions (chopped)
- celery (chopped)
- green onions (chopped)
- olives (black or green; diced)

### INSTRUCTIONS:

1. Place the cooked and cubed potatoes in a salad bowl and add in all other ingredients.
2. Toss with a desired amount of *Tarragon Lemonerette* for an XO or the *Creamy Happy Gut Dressing* for a pure E.

