



## Kitchen Sink Sunflower Salad

Yield: 4 servings

Source: [pinchofyum.com](http://pinchofyum.com)

### Sunflower Dressing:

- 2 tablespoons sunbutter
- 4 tablespoons plain Greek yogurt
- ¼ teaspoon garlic powder
- 1 ½ teaspoons curry powder
- 1 ½ teaspoons cumin
- Salt and pepper, to taste
- Water, to desired consistency

### Salad

- 1 sweet potato, cubed
- 10 Brussel sprouts – halved
- 2 cups chopped kale
- 1 cucumber, diced
- 1 cup no-salt-added canned black beans, drained and rinsed
- ¼ cup sunflower seeds

### Directions:

1. In a small bowl whisk together sunbutter, Greek yogurt, garlic powder, curry powder, cumin, salt and pepper. Add water until dressing is desired consistency.
2. On a sheet pan add sweet potato and Brussel sprouts and drizzle 2 teaspoons olive oil. Bake at 425°F for 20 – 25 minutes or until browned.
3. In a large bowl combine baked sweet potatoes, baked Brussel sprouts, kale, cucumber, black beans and sunflower seeds. Drizzle with dressing and serve.

### Nutrition information for 1 serving:

Calories: 251

Fat: 8g

Sodium: 76g

Carbohydrates: 30g

Sugar 5g

Fiber: 10g

Protein: 12g