

THE SWEET POTATO EDIT / VOL. 002

Crispy Chicken & Sweet Potato Harvest Plate

Nº 005 / 30-40 MIN / 2 SERVINGS

THE INGREDIENTS

- 1 lb chicken tenderloins
- 2 medium sweet potatoes, diced into $\frac{3}{4}$ -inch cubes
- 3 cups spring mix
- 1 cup cherry or grape tomatoes
- $\frac{1}{4}$ - $\frac{1}{3}$ cup crumbled feta
- 2-3 tsp avocado oil, divided
- $\frac{1}{2}$ tsp garlic powder
- $\frac{1}{2}$ tsp onion powder
- $\frac{1}{2}$ tsp paprika
- $\frac{1}{4}$ tsp black pepper
- $\frac{1}{2}$ tsp seasoned salt, or to taste
- Pinch of cayenne (optional)
- Garlic salt, to taste

THE METHOD

1. Preheat oven to 400°F. Wash and dice the sweet potatoes into roughly $\frac{3}{4}$ -inch cubes. Toss with avocado oil and garlic salt.
2. Spread the cubes in a single layer on a baking sheet. Roast for approximately 20-30 minutes, flipping halfway, until tender with crisp, browned edges.
3. Pat chicken tenderloins dry. Lightly oil and season with garlic powder, onion powder, paprika, pepper, seasoned salt, and optional cayenne.
4. Air fry in the Ninja CRISPi for approximately 20 minutes, turning as needed, until the thickest part reaches 165°F. Smaller pieces may finish earlier.
5. Toss spring mix with halved baby tomatoes and crumbled feta. Serve as-is, without dressing, alongside the chicken and sweet potato bites.

EDITOR'S NOTE For crispier sweet potatoes, give the cubes room on the baking sheet instead of crowding them.