

Better Than Sex Salad

Recipe courtesy of *Susannah Locketti*

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Directions:

- 4 to 6 cups field greens
place in a large platter & spread
- 1/2 sliced strawberries & red grapes
- Season with salt & pepper
- 1 pound beef tenderloin (season with salt & peper)
place steak on a grill pan allow 5 to 10 minutes (medium rare)
- Cut sweet potatoes into cubes (use as croutons)
add cinnamon, nutmeg, salt, pepper, olive oil
- Cook sweet potatoes
put a table spoon of butter in pan
allow butter to foam up
add sweet potatoes
add tablespoon of white or brown sugar

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Directions:

- Dressing:
 - add minced garlic & olive oil to sweet potato pan
 - whisk until brown
 - add a splash of sparkling apple cider
 - add 1 tablespoon soy sauce
- Remove beef from grill pan
 - allow 10 minutes to cool
 - thinly slice steak
 - place along the center of the salad
- Salad topping:
 - 1/2 cup dried cherries & walnuts
- Sprinkle with sweet potato croutons
- Add dressing
- Finish off with crumbled blue cheese