Roasted Sweet Potato, Wild Rice & Arugula Salad

Serves 4-6

Ingredients:

- 2 cups cooked wild rice (about ½ cup dry)
- 2 large sweet potatoes, peeled and diced (about 3-4 cups)
- 1 T. olive oil
- 1 tsp. chili powder
- Salt and pepper to taste
- 3 cups arugula
- ½ cup cashew pieces (optional)

Dressing:

- ¼ cup freshly squeezed lemon juice (about 2 lemons)
- Zest of the lemons
- 1/3 cup olive oil
- 2 tsp. sweetener of choices
- 2 cloves garlic (or ¼ tsp. garlic powder)
- ¼ tsp. salt

Directions:

1. Cook the wild rice according to package directions. Meanwhile, make the dressing by whisking all the ingredients together in a small bowl. When the rice is done, toss a little dressing with it, and refrigerate. Let it rest a little while so it takes on the flavors of the dressing.
2. Preheat the oven to 350 degrees F. Place the sweet potato pieces directly on a greased baking sheet. Drizzle with oil and sprinkle with the chili powder, salt and pepper. Stir on pan to get everything mixed. Roast for 20-25 minutes or until golden brown, stirring every so often to keep from burning.

3. Toss the arugula, wild rice, sweet potatoes and cashews (optional), and the remaining dressing together. Serve warm or cold.

Vitamin K can come from a variety of sources including fruits such as kiwi, avocado, and grapes, in a supplement form, and it is also produced by the lower gut of humans by bacteria in the colon. Vitamin K is also found in some animal products, such as dairy and fermented foods. But what is most known for its vitamin K content, though, is dark leafy greens such as spinach, kale and broccoli. Vitamin K intake requirements are easily met by most adults from food, especially if they include leafy greens in their diets. For example, one cup of raw spinach or kale contains nearly twice the recommended daily value for adults. Vitamin K has a variety of health benefits, but most current research has been focusing on the possible relationship of vitamin K and bone health. While the Natural Medicines Database states there is "insufficient reliable evidence to rate" vitamin K's effectiveness in the treatment of osteoporosis, some studies found a significant improvement in bone mineral density of the spine with the addition of vitamin K supplementation, and others suggest a higher dietary vitamin K intake is connected with a lower risk of bone fracture and higher bone mineral density. On the other hand, there is still little current evidence that additional vitamin K supplementation is helpful for the prevention of osteoporosis and fractures, unless patients have demonstrated vitamin K deficiency. Individuals interested in taking a vitamin K supplement should discuss this with their doctors beforehand, as it may interact with medications such as anti-diabetes drugs, blood thinning medications, the weight-loss drug Orlistat, bile acid medications, certain antibiotics, and several vitamins.

Another good dietary source of vitamin K is arugula. One cup provides about 25% of the recommended daily value of Vitamin K. Arugula is a peppery-flavored salad green that is a flavorful addition to salads, sandwiches and side dishes. The following recipe is a hearty citrusy salad that can be served as a side dish with your favorite entrée! The wild rice can be substituted with another grain if desired (I used Minute Rice multi-grain medley).