
Sweet Potato Salad

Description

This side dish is colorful, refreshing and has a nice variety of textures. The flavors meld as the salad sits and the dressing has a chance to absorb, so it's nice to make the day before if possible.

Total time: 45 min Yield: 3 to 4 servings

Ingredients

3 Okinawan purple sweet potato (medium)
1 cup corn (shucked, cut off cobb, canned or defrosted frozen)
1/2 cup red bell pepper (sliced thin)
2 Tbsp sweet onion (slivered)
1/4 cup cilantro (chopped)
1 clove garlic (minced or pressed)
3 Tbsp avocado or other light oil
2 Tbsp fresh lime juice
1 Tbsp honey
1/4 tsp prepared mustard
1/4 tsp salt (or to taste)
dash pepper
1 head soft-leaf lettuce (rinsed and drained well)

Prep Time: 15 min Cooking Time: 30 min Total Time: 45 min

Instructions

Bake sweet potatoes at 375° until easily pierced with a knife. Cool, peel and cut into 1" cubes. Or alternately, peel, cut into cubes and steam until soft.

In a large bowl, combine the corn, bell pepper, sweet onion and cilantro. Gently fold in the potatoes.

For the dressing, in a separate, small bowl, whisk together the garlic, oil, lime juice, honey, mustard, salt and pepper. Add to the salad and mix well. Serve on a bed of lettuce.

Recipe brought to you by:

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