

Sweet Potato Salad

Ingredients:

Non stick cooking spray
 1 sweet potato
 2 baking potatoes
 2 tablespoons olive oil
 1/3 cup honey
 1/4 cup vinegar
 1/2 teaspoon garlic powder
 1 teaspoon salt
 1 teaspoon cumin
 1/2 teaspoon pepper

Equipment:

Baking pan
 Cutting board
 Knife
 Measuring spoons
 Small mixing bowl
 Spatula
 Serving bowl

Number of Servings: 6
 Prep Time: 10 minutes
 Total Time: 45 minutes

Directions

1. Preheat oven to 450°F. Spray baking pan with cooking spray.
2. Wash potatoes and set on cutting board. Cut potatoes in half lengthwise, and lay on cutting board. Cut in half again and cut into bite size chunks.
3. Layer potatoes evenly on pan and spray with cooking spray again.
4. Bake for 30 minutes, stirring about half way through.
5. To make a dressing, combine olive oil, honey, vinegar, garlic powder, salt, cumin and pepper in a jar with lid. Put lid on jar and shake to mix ingredients.
6. When potatoes are tender, take them out of the oven and add to a mixing bowl. Pour dressing over potatoes and toss to coat. Serve warm.

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Nutrition Facts	
Serving Size: 1/2 cup	
Servings: 6	
Amount Per Serving	
Calories 172	Calories from Fat 45
%Daily Value*	
Total Fat 5g	8%
Saturated Fat 0g	5%
Cholesterol 0mg	0%
Sodium 363mg	15%
Potassium 408mg	12%
Total Carbohydrate 33g	11%
Dietary Fiber 2g	8%
Protein 2g	4%
Vitamin A 87%	Vitamin C 28%
Iron 6%	Calcium 2%

*Percent Daily Values are based on a 2,000 calorie diet.

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