

Colorful Potato Salad

6 servings



Ingredients

- 2 medium sweet potatoes, scrubbed with clean vegetable brush under running water, peeled and cubed
- 1 large baking potato, scrubbed with clean vegetable brush under running water, peeled and cubed
- ¼ cup vegetable oil
- ⅓ cup honey
- ¼ cup vinegar
- ½ teaspoon garlic powder
- ½ teaspoon salt
- 1 teaspoon cumin
- ½ teaspoon black pepper

Nutrition Information: Serving Size (½ cup): Calories 230, Total Fat 9g, Saturated Fat 1.2g, Cholesterol 0mg, Sodium 220mg, Total Carbohydrates 36g, Fiber 2g Total Sugars 18g, includes 15g Added Sugars, Protein 2g, Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 10%

Instructions

1. Wash hands with soap and water.
2. Rinse and prepare produce.
3. Preheat oven to 450°F.
4. Spray baking pan with nonstick cooking spray.
5. Put potatoes on a baking pan and drizzle with 2 tablespoons of vegetable oil. Stir gently to coat potatoes thoroughly.
6. Spread cubed potatoes evenly on baking pan.
7. Bake for 30 minutes or until potatoes are fork tender.
8. While potatoes are baking, mix together remaining 2 tablespoons of vegetable oil and all other ingredients.
9. Place baked potatoes in a bowl. Pour dressing over potatoes and toss to coat well. Serve warm or cold.
10. Store leftovers in a sealed container in the refrigerator for up to four days.

Recipe Source: EFNEP Families Eating Smart and Moving More. Cooking with EFNEP cookbook. North Carolina State University Cooperative Extension, 2016.

This material was funded in part by USDA's Supplemental Nutrition Assistance Program – SNAP and Expanded Food & Nutrition Education Program (EFNEP). This institution is an equal opportunity provider.

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