

# Colorful Potato Salad

Nebraska Seasonal Produce Guide

6 Servings



EXTENSION

Health & Wellbeing



## Ingredients

- 2 medium sweet potatoes, scrubbed with a clean vegetable brush under running water, peeled, and cubed
- 1 large baking potato, scrubbed with a 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

## Instructions

1. Wash hands with soap and water.
2. Rinse and prepare produce.
3. Preheat oven to 450°F.
4. Spray the 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 a baking pan.
7. Bake for 30 minutes or until potatoes are fork-tender.
8. While potatoes are baking, mix the 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.

**Nutrition Information per Serving (1/2 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%

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



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