



St. Charles Hospital

Catholic Health Services

At the heart of health

Sweet Potato Salad

Ingredients:

4lb- Sweet Potatoes, peeled and diced

As Needed- Salt and Pepper

1TBSP- Vegetable Oil

Dressing:

¼ cup- Mayo, reduced fat

¼ cup- Ranch Dressing, reduced fat

¼ cup- Dijon Mustard

¼ cup- Balsamic Vinegar

¼ cup- Maple Syrup, pure

1TBSP- Red Bell Pepper, small dice

1TBSP- Green Onions (Scallions), sliced

Method:

-Season sweet potatoes and lightly coat in oil

-Roast in a 400* oven for 30-40 minutes, or until tender and lightly caramelized

-Meanwhile, combine all remaining ingredients in a bowl and mix thoroughly

-Mix cooled sweet potatoes with dressing and serve

Hint: Best when made one day early to allow flavors to marry well.

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Visit <http://www.stcharles.org/recipebox>

