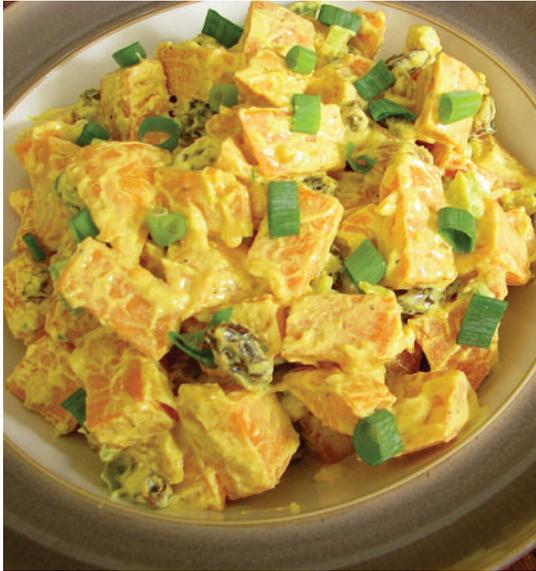


CURRIED SWEET POTATO SALAD

Yield: 6 Servings



TOTAL TIME: 20 minutes, plus chilling

INGREDIENTS

- 1 lb. sweet potatoes (about 2 medium), peeled and chopped into 1-inch pieces
- ½ cup plain Greek yogurt
- 2 Tbsp. mango chutney
- 1 tsp. curry powder
- 3 stalks celery, small diced
- ¼ cup raisins
- ¼ cup chopped green onions, plus more for garnish
- Salt to taste
- Toasted cashews, optional

PREPARATION

1. Place cubed potatoes in a medium saucepan, cover with cold water, and bring to a boil over high heat. Cook until the potatoes are tender but not mushy, about 10–15 min. Drain cooked potatoes.
2. While potatoes are draining, stir together the remaining ingredients in a large bowl. While the potatoes are still warm, add them to the dressing and stir gently to evenly coat the potatoes.
3. Chill in the refrigerator (preferably overnight) to allow flavors to meld.

NUTRITION

Per serving: Calories: 184; Fat: 2 g (0 g saturated fat); Cholesterol: 2 mg; Carbohydrates: 36 g; Protein: 6 g; Sodium: 174 mg.

Recipe courtesy of Healthy Food for Living