

Sweet Potato Salad

This recipe is a good source of vitamin A, which keeps eyes and skin healthy.

Ingredients:

- 1 cup roasted, skinned **sweet potato** cubes
- 1/2 cup chopped **celery**
- 1/2 cup peeled, chopped **cucumber**
- 1/4 cup low-fat **mayonnaise**
- 1 teaspoon **mustard**

Directions:

1. Combine ingredients, chill.
2. Serve.

Tip:

Roast sweet potato in 400°F oven for 50 – 60 minutes. Squeeze to test for doneness. Cut in half and slip skins off. Do not use boiled sweet potatoes. They may be too soggy. Yams may be substituted for sweet potatoes.

Nutrition Facts	
Serving Size 1/2 cup (98g)	
Servings Per Container 4	
Amount Per Serving	
Calories 70	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	8%
Sugars 6g	
Protein 1g	
Vitamin A 190%	• Vitamin C 20%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

4 servings, 1/2 cup each

Bright Ideas:

Source: Glenda Hyde, Deschutes County, Oregon State University Extension Service. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>