

HARVEST POTATO SALAD

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 14 (Serving= 1/2 cup)

Nutrition (per serving)

Calories: 130

Total Fat: 6 g

Saturated Fat: 1 g

Sodium: 100 mg

Total Carbohydrate: 19 g

Dietary Fiber: 4 g

Total Sugars: 7 g

Added Sugars: 2 g

Protein: 2 g



Ingredients

- 5 cups cubed sweet potatoes (scrub clean and leave skin on)
- 3 cups cubed apples (sweet varieties)
- ½ cup chopped green onion
- ½ cup chopped dried cranberries (50% less sugar)
- ½ cup blue cheese crumbles
- ¼ cup orange juice
- 2 Tablespoons canola oil
- 1 Tablespoon apple cider vinegar
- 1 Tablespoon Dijon mustard
- 1 Tablespoon poppy seeds
- ½ cup chopped pecans for garnish



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Directions

1. Fill a large stock pot $\frac{3}{4}$ with water. Bring water to boil over high heat. Add sweet potatoes and cook for 5-6 minutes or until medium firmness. They should pierce with a fork, but still remain semi-firm. Drain and let cool.
2. Add sweet potatoes, apples, onion, cranberries and blue cheese to a large bowl.
3. In a small bowl, whisk orange juice, canola oil, vinegar, mustard and poppy seeds. Pour over salad mixture and mix well.
4. Garnish with chopped pecans.



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