



HEALTHY KIDS WORLD™

Your Eye On Kids' Health™

We publish timely, quality, accurate news to keep our world's children healthy.



Sweet Potato Salad

Description

Sweet potatoes are an excellent source of vitamins and minerals, and they are available almost all year. This is delicious served warm in the cool months, or chilled during the summer. It is naturally a little sweet, so kids like this year-around treat. By using yogurt in the dressing, there's calcium too. Easy, quick, healthy, and delicious!

Prep time: 10 minutes

Cook time: 11 minutes

Serves 4

Ingredients

- 2 medium sweet potatoes (1 1/2 pounds), peeled and cut into 1" cubes and boiled
- 1/3 cup nonfat or low-fat plain Greek style yogurt
- 1 small red bell pepper, diced
- 2 scallions, thinly sliced
- 3 tablespoons chopped fresh basil or tarragon
- 1 teaspoon red wine vinegar
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground black pepper

Instructions

Place sweet potato chunks in a medium saucepan and add cold water to cover. Bring to a boil and cook until tender, 8 to 10 minutes. Drain, run under cold water to cool, and drain again.

In a large bowl, combine sweet potatoes, yogurt, bell pepper, scallions, basil, vinegar, salt, and black pepper. Serve at room temperature or chilled.