

Sweet Potato Salad

Servings = 4 | Serving size = about 1 cup | Cooking Time = 30 Minutes

This recipe can be multiplied and makes great leftovers! From www.DrGourmet.com

3 quarts	water
1 1/2 lbs	sweet potatoes or yams (peeled)
4 Tbsp	reduced fat mayonnaise
1/4 tsp	salt
2 Tbsp	fresh oregano (coarsely chopped)
2	green onions (sliced thinly)
2 Tbsp	pumpkin seeds (pepitas)

Place the water in a large stock pot over high heat.

Quarter the potatoes and add to the stock pot. Cover with water by about an inch. Bring to boil and then reduce heat until the water is simmering.

Cook the potatoes about 15 – 20 minutes until slightly soft in the middle.

Remove from heat and drain water. Let the potatoes cool a bit and then cut into a large dice. Add them to a medium mixing bowl with the mayonnaise, salt, oregano, green onions and pumpkin seeds.

Fold together gently until well blended and chill for at least an hour

Special Diet Information

Coumadin® (Warfarin)
This recipe is NOT safe for Coumadin (warfarin) users.

Lactose

This recipe is safe for those who are lactose intolerant.

Sodium

This is a low sodium recipe.

GERD / Acid Reflux

This recipe contains GERD triggers and those with GERD may wish to avoid it.

Gluten Sensitivity

This recipe is safe for those who are sensitive to gluten.

Nutrition Facts

Serving size = about 1 cup
Servings = 4

Amount Per Serving

Calories 237	Calories from Fat 23
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% Daily Value	
<hr/>	
Total Fat 3g	4%
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Saturated Fat 1g	3%
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Monounsaturated Fat 0g	
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Trans Fat 0g	
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Cholesterol 2mg	1%
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Sodium 283mg	12%
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Total Carbohydrates 50g	17%
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Dietary Fiber 8g	31%
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Sugars 2g	
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Protein 4g	
<hr/>	
Vitamin A 7%	Vitamin C 51%
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Calcium 4%	Iron 11%
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Vitamin K 50 mcg	Potassium 1443 mg
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Magnesium 61 mg	
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