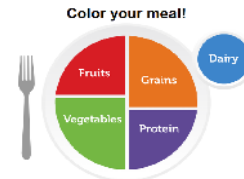




# ORANGE SWEET POTATO SALAD



MyPlate.gov

## Ingredients:

**3 medium sweet potatoes**  
**1/2 cup dried cranberries**  
**2 tsp grated ginger root**  
**1/2 cup sliced celery`**  
**1/2 cup honey**  
**Salt and pepper to taste**

**1 can mandarin oranges**  
**2 medium green onions, chopped**  
**1/2 cup of chopped pecans**  
**1/2 cup chopped bell pepper**  
**1/2 cup mustard**

## Directions:

1. Place peeled and cut into cubes sweet potatoes in a microwave safe container, add water, cover and microwave until they are fork tender (8-10 mins) drain, and chill.
2. Combine oranges, celery, bell pepper, cranberries, green onions and ginger in a bowl, add the sweet potatoes and toss.
3. Mix honey, mustard and pepper and pour over the salad mixture and gently combine.
4. Just before serving, add pecans and enjoy!

Find more recipes and resources online at: [www.gcfb.org/recipes\\_resources](http://www.gcfb.org/recipes_resources)

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Financiado en parte por el Departamento de Salud y Servicios Humanos de Michigan  
Michigan Department of Health and Human Services

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