

SWEET POTATO SALAD

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

Serves: 3/4 cup

Nutrition (per serving)

Calories: 164

Total Fat: 5.5 g

Saturated Fat: 1 g

Sodium: 321 mg

Total Carbohydrate: 24 g

Dietary Fiber: 3 g

Protein: 4 g

Ingredients

2 cups sweet potatoes, peeled and cubed

2 cups new potatoes, peeled and cubed

1/2 cup celery

3 Tbsp dijon mustard

1/2 cup green onions

1/2 cup low-fat ham, diced

1/2 cup light mayonnaise

Directions

1. Boil cubed sweet potatoes and new potatoes, just until tender-crisp. Cool completely.
2. Combine potatoes, celery, onion and ham in a medium bowl.
3. Mix in mayonnaise and mustard. Refrigerate. Serves 8.