



SWEET POTATO SALAD WITH CITRUS DRESSING

CITRUS DRESSING:

2 CUPS ORANGE JUICE, FRESH
 1 CUP LEMON JUICE, FRESH
 ½ CUP LIME JUICE, FRESH
 ¼ CUP GINGER ROOT, MINCED
 ¼ CUP MUSTARD, DIJON-STYLE
 1 ½ TABLESPOON HONEY
 1 CUP EXTRA VIRGIN OLIVE OIL
 1 TEASPOON SALT
 ½ TEASPOON BLACK PEPPER

SALAD:

5 LB BRIGHT HARVEST COUNTRY
 STYLE CENTER CUT SWEET
 POTATOES, DEFROSTED
 1 LB 2 OZ MIXED SALAD GREENS
 1 LB 8 OZ JICAMA, PEELED, JULIENNED
 12 OZ RED ONION, THINLY SLICED
 3 LB ORANGE SEGMENTS

METHOD:

CITRUS DRESSING: COMBINE CITRUS JUICES AND GINGER. COVER AND MARINATE IN REFRIGERATOR AT LEAST 6 HOURS. STRAIN OUT GINGER, STIR IN MUSTARD, HONEY, OLIVE OIL, SALT AND PEPPER.

SALAD: CUT SWEET POTATOES INTO JULIENNED SLICES. ARRANGE ¾ OUNCES (1 PAVED CUP) GREENS INTO EACH SERVING PLATE. SCATTER 3 OUNCES SWEET POTATOES, 1 OUNCE JICAMA, ½ OUNCE ONION AND 4 ORANGE SEGMENTS ATOP GREENS. LADLE 1 ½ OUNCES DRESSING OVER EACH SALAD.

SERVING SUGGESTIONS:

SERVE AS A LUNCH ENTRÉE
 OR FIRST COURSE SALAD.

YIELD:

24 SERVINGS

PORTION SIZE:

7 ¼ OZ SALAD; 1 ½ DRESSING

NUTRITIONAL INFORMATION:*

PORTION SIZE	248g	TOTAL CARBOHYDRATES	30g
CALORIES	223	DIETARY FIBER	5g
CALORIES FROM FAT	87	SUGARS	15g
TOTAL FAT	10g	PROTEIN	2g
SATURATED FAT	1g	VITAMIN A**	37%
CHOLESTEROL	0mg	VITAMIN C**	99%
SODIUM	161mg	CALCIUM**	5%
POTASSIUM	521mg	IRON**	5%

*NUTRIENT VALUES REPRESENTATIVE OF THESE RECIPES. RESULTS MAY VARY DEPENDING UPON CHOICE OF INGREDIENTS AND PREPARATION METHOD.

** % DAILY VALUES BASED ON 2,000 CALORIE DIET.