

Roasted Sweet Potato Salad (from someone who doesn't like salads) – Daring Cooks (very challenging) Challenge



Roasted Sweet Potato Salad

As we have already established, I'm a picky eater. I generally don't do salads of any kind mostly because I don't like condiments – no ketchup, no mustard, no dressing (or anything with vinegar in it), absolutely no mayonnaise and healthy is clearly not my strength so coming up with a healthy potato salad recipe was a big challenge for me. I'm not a big yogurt fan either, but some of the flavored ones are ok so I went with that. The best part though is that I do love potatoes in pretty much any form so I had something to work with! This was inspired by the sweet potato casserole that usually goes with Thanksgiving dinner. Thanks to Jami for a great challenge.

Jami Sorrento was our June Daring Cooks hostess and she chose to challenge us to

celebrate the humble spud by making a delicious and healthy potato salad. The Daring Cooks Potato Salad Challenge was sponsored by the nice people at the United States Potato Board, who awarded prizes to the top 3 most creative and healthy potato salads. A medium-size (5.3 ounce) potato has 110 calories, no fat, no cholesterol, no sodium and includes nearly half your daily value of vitamin C and has more potassium than a banana!

Ingredients for 4 side or 2 main course salads:

2 large sweet potatoes cubed into 1 inch pieces

2 tablespoons olive oil

1 teaspoon cinnamon

1 teaspoon bacon or regular salt

1 tablespoon brown sugar

6 pineapple rings

1 1/2 cup pecans toasted

1 cup coconut (1/2 toasted)

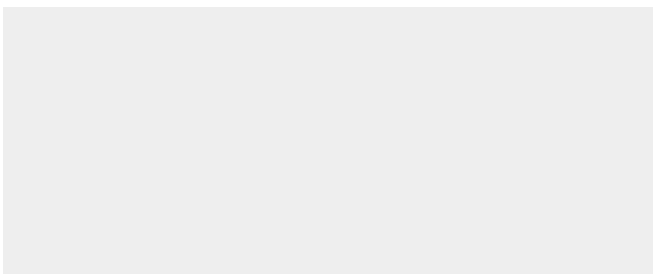
1 6 oz orange yogurt cup

1 11 oz can mandarin oranges

4 large fresh lettuce leaves

1/4 cup dried cherries

1 tablespoon marshmallow cream





Sweet Potatoes for baking

Place the sweet potatoes on a baking sheet.



Drizzle

Drizzle with olive oil



Sprinkle

Sprinkle with cinnamon and bacon salt



Mix



Drizzled and sprinkled

Mix to coat.



Coconut, pineapple and pecans

On a second baking sheet place the pecans, 1/2 of the coconut and the pineapple cut into half circles and sprinkle the pineapple and pecans with brown sugar, cinnamon and bacon (or regular) salt.



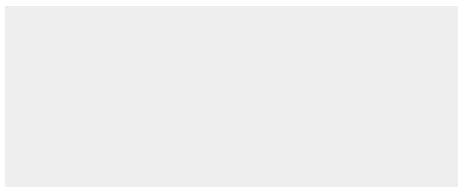
Sprinkle

Roast both pans in 400 degree oven for approx 10 minutes until the coconut and pecans are toasted – watch carefully they will go from brown to burned quickly.

Remove them from the pan and continue to roast the sweet potatoes and pineapple for a total of 30-45 minutes until tender and lightly browned. Remove from the oven and cool.



Roasted sweet potatoes





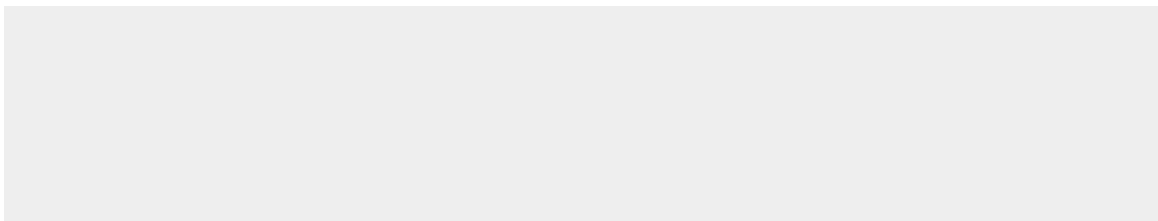
Roasted pineapple

Drain the mandarin oranges, reserving the liquid. Mix enough of the liquid with the orange yogurt to thin it to a pouring consistency.



Roasted and ready to mix

Reserve 2 pineapple 1/2 slices and cut the remaining into bite sized pieces. Mix the sweet potatoes, pecans (reserving a few for garnish), toasted coconut and bite sized pineapple pieces together in a mixing bowl with the dressing.





Plated

On the serving plate lay down the lettuce, add the potato mixture, surround with the reserved pineapple half slices and the mandarin oranges, sprinkle with the untoasted coconut, reserved pecans and dried cherries.



Almost done

Top with a dollop of marshmallow cream.