

# Carrboro

# FARMERS' MARKET

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Recipe of the Week

September 29, 2007

Sweet Potato Salad  
from Natalie Olson, Market Shopper and Regular Visitor from Nebraska

Although it's fall – sometimes it doesn't feel like it in the warm, dry 'ole south. So, if you're not quite ready for hot, out of the oven, sweet potato casserole you might like to try a sweet potato salad. Good and good for you. Cool too!

#### Ingredients

2 cups cubed cooked sweet potatoes\* (2 to 3, depending on their size)  
1/2 cup chopped green pepper\*  
1/2 cup chopped celery  
3 green onions\*, sliced thin  
1/2 cup chopped walnuts

#### Dressing

2 tablespoons mayonnaise  
1/4 cup plain yogurt  
Zest and juice of 1 lemon (about 3 tablespoons)  
1/4 teaspoon salt

#### Procedure

Preheat the oven to 350 degrees. Pierce the potatoes in several places with a fork. Place them in a single layer in the oven (it's a good idea to put a sheet of foil on the rack below them, to catch any drips) and roast until tender, about 1 hour. Remove from the oven and when cool enough to handle, cut each potato into cubes.

Place cubed, cooked sweet potatoes, green peppers, celery, green onions and walnuts in a small salad bowl. Stir together mayonnaise, yogurt, lemon zest and juice and salt. Combine with the sweet potato mixture and adjust the salt and lemon juice to taste.

Makes 3 cups, serves 4

\*Available at Market