

Roasted Sweet Potato Salad

Mary Allen Perry

Southern Living Magazine - October 2012

Servings: 4

1 package (24 ounces) fresh steam-in-bag petite sweet potatoes
1 tablespoon Caribbean jerk seasoning
4 tablespoons olive oil, divided
2 tablespoons fresh lime juice
1/4 teaspoon salt
1 package (5 ounce) baby arugula
1 mango, peeled and diced
1 avocado, halved and thinly sliced
1/2 red bell pepper, sliced
1/2 small red onion, sliced
1/2 cup torn fresh basil

Preparation Time: 20 minutes

Preheat the oven to 425 degrees.

Cut the potatoes in half lengthwise. Toss with jerk seasoning and one tablespoon of oil. Arrange, cut sides down, in a single layer on a lightly greased baking sheet.

Bake for 15 minutes. Turn and bake 8 to 10 minutes or until tender. Cool on a wire rack for 20 minutes.

In a large bowl, whisk together the lime juice, salt and the remaining three tablespoons of oil. Add the arugula, mango, avocado, bell pepper, onion and basil. Toss to coat. Arrange on a platter.

Top with the potatoes.

Per Serving (excluding unknown items): 248 Calories; 21g Fat (73.3% calories from fat); 2g Protein; 16g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 140mg Sodium. Exchanges: 1/2 Vegetable; 1 Fruit; 4 Fat.