



## RECIPE:

### Colorful Potato Salad

Number of Servings: 6

#### Ingredients:

- 2 medium sweet potatoes, peeled and cubed
- 1 large baking potato, peeled and cubed
- 1/4 c. vegetable oil
- 1/3 c. honey
- 1/4 c. vinegar
- 1/2 tsp. garlic powder
- 1/2 tsp. salt
- 1 tsp. cumin
- 1/2 tsp. black pepper

#### Directions:

1. Wash hands with soap and water.
2. Rinse and prepare produce as directed. Scrub potatoes with a clean vegetable brush under running water.
3. Preheat oven to 450 degrees F.
4. Spray baking pan with nonstick cooking spray.
5. Put potatoes on a baking pan and drizzle with 2 Tbsp. of vegetable oil. Stir gently to coat potatoes thoroughly.
6. Spread cubed potatoes evenly on baking pan.
7. Bake at 450°F for 30 minutes or until potatoes are fork tender.
8. While potatoes are baking, mix together remaining 2 Tbsp. of vegetable oil and all other ingredients.
9. Place baked potatoes in a bowl. Pour dressing over potatoes and toss to coat well.
10. Store leftovers in a sealed container in the refrigerator.

#### Nutrition Info:

Nutrition Facts	
6 servings per container	
<b>Serving size</b>	<b>1/2 cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 220mg	<b>10%</b>
<b>Total Carbohydrate</b> 36g	<b>13%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 18g	
Includes 15g Added Sugars	<b>30%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	<b>0%</b>
Calcium 29mg	<b>2%</b>
Iron 1mg	<b>6%</b>
Potassium 434mg	<b>10%</b>
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Recipe Credit: EFNEP Families Eating Smart and Moving More. Cooking with EFNEP cookbook. North Carolina State University Cooperative Extension, 2016.