

Curried Sweet Potato Salad

| Ingredients | 18 Servings | | 100 Servings | | Directions |
|------------------------|-------------|---------|--------------|-------------------|---|
| | Weight | Measure | Weight | Measure | |
| Curry Dressing | | | | | |
| Yogurt, plain, low-fat | | 3/4 cup | 2 lb | 1 qt | 1. To make a curry dressing, combine the yogurt, cottage cheese, vinegar, curry powder, cumin, salt, and pepper in a blender or food processor. Blend until smooth. 2. Taste and adjust the seasoning with additional vinegar, curry powder, cumin, or pepper if needed. Set aside. (See Recipe Notes for storage information.) |
| Cottage cheese, 1% | | 3/4 cup | 2 lb | 1 qt | |
| Apple cider vinegar | | 2 tbsp | 5 oz | 1/2 cup 2 tbsp | |
| Curry powder | | 1 tbsp | 1 oz | 5 tbsp | |
| Cumin, ground | | 1 tsp | 1/3 oz | 5 tsp | |
| Black pepper, ground | | 1/2 tsp | | 2 tsp | <i>(recipe continues on next page)</i> |

Curried Sweet Potato Salad

(continued)

| Potato Salad | | | | | |
|-------------------------------------|------|------------|------------|-----------------|---|
| Sweet potatoes | 1 lb | | 5 lb 8 oz | | 3. Scrub, peel, and cube the potatoes. Place in a large pot and add enough cold water to cover by about 2 inches. |
| Potatoes, red bliss, skins left on | 1 lb | | 5 lb 8 oz | | |
| Table salt | | 2 tsp | 2 oz | 3 tbsp | 4. Add the salt to the water and bring to a simmer over medium heat. Cook the potatoes until they are tender enough to pierce easily. Drain the potatoes thoroughly and then spread on sheet trays to cool. |
| Granny Smith apple, cored and diced | 8 oz | 2 3/4 cups | 2 lb 10 oz | 3 qt 3 cups | 5. Combine the cooled potatoes, apple, celery, red onion, and parsley in a bowl. (See Recipe Notes for optional additions for this salad.) |
| Celery, cut into small dice | 6 oz | 1 3/4 cups | 2 lb | 2 qt 1 3/4 cups | |
| Red onion, diced small | 4 oz | 3/4 cup | 1 lb 6 oz | 1 qt | |
| Parsley flakes | | 2 tbsp | 1/2 oz | 1/2 cup 2 tbsp | |
| | | | | | 6. Add the curry dressing and toss until evenly combined. Refrigerate for at least 1 hour before serving. |
| | | | | | 7. Serve 1/2 cup per serving (use a No. 4 scoop). |

Recipe Notes:

Optional additions for this salad include the following (add to taste):

- Chopped red or green bell peppers
- Diced mangoes or peaches
- Sliced green onions
- Black or golden seedless raisins
- Dried apricots, cut into strips
- Chopped fresh cilantro
- Fresh lime juice



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Serving Notes:

1 serving provides 3/8 cup of fruits and vegetables.
Serve using a 4-oz scoop.

| | | |
|------------------------|-------------|--------------|
| | 18 Servings | 100 servings |
| Total Weight: | 3 lb | 16 lb 10 oz |
| Total Volume | 9 cups | 50 cups |
| Serving Size (weight): | 3 1/2 oz | 3 1/2 oz |
| Serving Size (volume): | 1/2 cup | 1/2 cup |

| Nutrients Per Serving | | | | | |
|-----------------------|------|----------------------|---------|----------------------|--------|
| Calories | 70 | Saturated Fat | 0 g | Iron | >1 mg |
| Protein | 3 g | Cholesterol | 0 mg | Calcium | 38 mg |
| Carbohydrate | 14 g | Vitamin A-RE | 439 mcg | Sodium | 320 mg |
| Total Fat | 0 g | Vitamin C | 11 mg | Dietary Fiber | 2 g |

