

HARVEST POTATO SALAD

Harvest Potato Salad

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 4 (Serving= 1 cup)

Nutrition (per serving)

Calories: 273

Total Carbohydrate: 42

Total Fat: 1 g

Dietary Fiber: 6 g

Saturated Fat: 3 g

Protein: 4 g

Sodium: 97 mg

Ingredients

- 1/8 cup canola oil
- 1/4 cup orange juice
- 1 Tablespoon sugar
- 1 Tablespoon cider vinegar
- 1 Tablespoon Dijon mustard
- 1/2 Tablespoon poppy seeds
- 3 cups sweet potatoes (about 5 medium potatoes), scrubbed clean, cooked and cubed
- 1 cup diced apples (about 1 medium sized apple)
- 1/4 cup scallions, thinly sliced

Directions

1. Whisk together canola oil, orange juice, sugar, vinegar, mustard, and poppy seeds in small bowl.
2. Combine sweet potatoes, apples, and scallions in medium bowl; add dressing and toss gently to coat.