

# Sweet Potato Harvest Slaw

## Servings

8

## Calories

250

## Prep Time

30 minutes

## Total Time

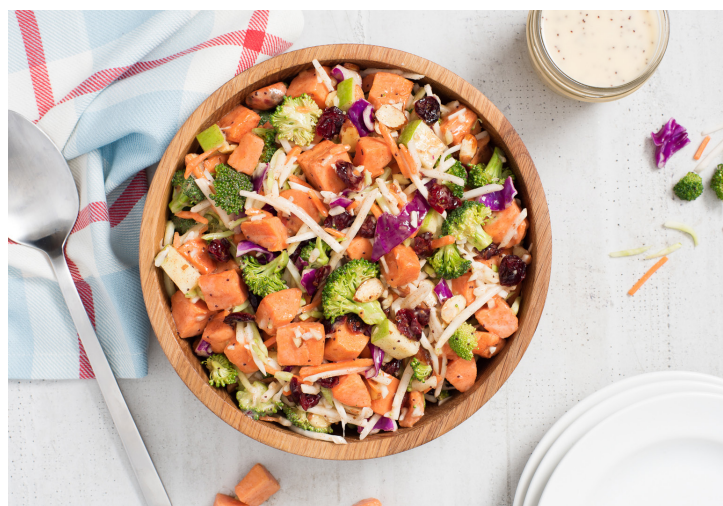
35 minutes

## Skill Level

Easy

## Ingredients

- 1 pound Mann's Sweet Potato Cubes
- 1 pound Mann's Broccoli Cole Slaw
- 1 green apple, diced
- ½ cup dried cranberries or raisins
- ½ cup almonds, sliced
- 1 teaspoon cinnamon, ground
- ½ cup Creamy Sesame Dressing (see recipe below)
- ¼ teaspoon garlic salt
- ¼ teaspoon black pepper, ground



## Creamy Sesame Dressing

- 3 tablespoons toasted sesame seeds
- ½ cup mayonnaise
- 2 tablespoons rice vinegar
- 1 tablespoon soy sauce
- 1 tablespoon toasted sesame oil
- 2 teaspoons sugar

## The Method

Preheat oven to 425°F.

In a large mixing bowl, toss sweet potato cubes with some olive oil, salt and pepper. Roast in a single layer on a sheet tray for 25-30 minutes, until the sweet potatoes are tender and golden brown. Remove from the oven and cool.



# Sweet Potato Harvest Slaw

Once the sweet potatoes are cool, combine them along with the rest of the ingredients in a large mixing bowl and toss to combine. If necessary, season to taste with additional salt and pepper.

## For the dressing

Combine all ingredients in the bowl of a food processor. Pulse until smooth and adjust seasoning if needed.

## Nutrition Facts

Serving Size: 163g | Servings: 8

### Amount Per Serving

Calories 250 | Total Fat 10g (sat 1g trans 0g) | Cholesterol 40mg | Sodium 260mg | Total Carbohydrate 40g | Dietary Fiber 2g  
Sugars 24g | Protein 4g | Vitamin D 0% | Calcium 4% | Iron 6% | Potassium 8%