



Harvest Slaw with Sweet Potatoes

Servings

8

Calories

150

Prep Time

5 minutes

Total Time

10 minutes

Skill Level

Easy

Ingredients

1 (12 ounces) package Mann's Sweet Potato Cubes or Mann's Sweet Potato Crinkle Cut

1 (12 ounces) package Mann's Rainbow Salad or Mann's Broccoli Cole Slaw

1 green apple, diced

½ cup preferred dressing (poppy seed, ranch or sesame)

½ cup dried cranberries or raisins

½ cup almonds, sliced

1 teaspoon cinnamon, ground

¼ teaspoon garlic salt

¼ teaspoon black pepper, ground



The Method

Microwave Mann's Sweet Potatoes in the bag for 3 ½ minutes; let cool for 5 minutes. In large bowl combine all ingredients. Toss with ½ cup of preferred dressing (see suggestions above). Can be chilled up to 8 hours before serving.

Enjoy!

Nutrition Facts

Serving Size: 137g | Servings: 8

Amount Per Serving

Calories 150 | Calories from Fat 50 | Total Fat 6g (sat fat 0.5g trans 0g) | Cholesterol 0mg | Sodium 160mg | Total Carbohydrate 2g | Dietary Fiber 3g | Sugars 5g | Protein 4g | Vitamin A 20% | Vitamin C 70% | Calcium 6% | Iron 4%