



Roasted Sweet Potato “Fettuccine” & Corn Salad with Green Onion and Sweet Chili Dressing

Servings

5

Calories

210

Prep Time

15 minutes

Total Time

40 minutes

Skill Level

Easy

Ingredients

- 2 (10 ounce) bag Mann’s Sweet Potato “Fettuccine”
- 2 ears yellow corn, cut from cob (or 1 cup can of corn)
- 2 tablespoons olive oil, extra virgin
- 1 teaspoons cayenne pepper
- 1 teaspoon salt
- ½ cup green onion, sliced
- ¼ cup queso fresco
- ¼ cup cilantro, chopped



Dressing

- 1 tablespoons red pepper jelly (or Thai sweet chili sauce)
- ½ tablespoon sherry vinegar
- ⅓ cup oil, Canola
- Salt and pepper, to taste

The Method

Preheat oven to 400°F. In a large mixing bowl, toss Sweet Potato “Fettuccine” and corn with the olive oil, cayenne, and salt.

Put on a baking sheet in a single layer, and roast for 12-15 minutes or until just charring and tender. Once cooked, remove from oven and let cool to room temperature.



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In a small mixing bowl, whisk the pepper jelly, vinegar, salt, and pepper together, then drizzle in the canola oil.

Toss the vegetables in the dressing along with the green onion. Garnish with chopped cilantro and queso fresco.

Nutrition Facts

Serving Size: 196g | Servings: 5

Amount Per Serving

Calories 210 | Total Fat 8g (sat 1.5g trans 0g) | Cholesterol 5mg | Sodium 1130mg | Total Carbohydrate 32g | Dietary Fiber 5g | Sugars 9g (Includes 0g Added Sugars) | Protein 4g | Vitamin D 0% | Calcium 6% | Iron 6% | Potassium 10%