Roasted Sweet Potato Salad with Swiss Chard and Bell Peppers and Dried Fruit

Ingredients:
4 medium sized Duke Farm sweet potatoes, peeled and cut into approx. 1 in cubes
3 tbsp olive oil
1 tsp salt
1 tsp black pepper
1 cups raisins, 1 cup golden raisins
1 Duke Farm red bell pepper diced
1 Duke Farm yellow bell pepper diced
½ cup shallots diced
1 Duke Farm jalapeno seeded and finely chopped
½ cup scallions thinly sliced scallions
½ cup fresh cilantro chopped
½ cup flat leaf parsley chopped
1 cup Duke Farm swiss chard chopped
Salt ½ tsp
Pepper ¼ tsp

Dressing:
2 tbsp apple cider vinegar
2 tbsp brown sugar
zest of 1 orange
2 tsp whole grain mustard
½ cup vegetable oil

Directions:
In a roasting pan, combine sweet potatoes and olive oil, salt, and pepper. Stir around coating potatoes in oil. Roast for 25-30 minutes at 425 F, until fork tender and golden brown.

In a large bowl, add potatoes and mix with the rest of the non dressing ingredients.

Let cool while you prepare the dressing. To prepare dressing, whisk together the apple cider vinegar, brown sugar, orange zest, mustard and vegetable oil.

Pour dressing over cooled potato salad. Toss. Chill in refrigerator until ready to serve. Toss again prior to serving.

Per Serving:
Calories: 330, Protein: 3 grams, Carbs. 37 grams, Fat 19 grams and Fiber is 4 grams.
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Fun Facts:
Sweet potatoes are almost equal to carrots in beta-carotene content. They are an excellent source of potassium and a good source of Vitamin C—helps to fight free radicals. FYI – Don’t refrigerate them, it’s speeds up deterioration.

Swiss chard also known as chard is a member of the beet family. It’s also called a sea-kale beet. It is similar to spinach and can be substituted for it. It’s a good source of beta-carotene and vitamin C. Just like spinach it’s not a a good source of calcium and iron. Excellent source of magnesium and potassium. It’s only drawback is that it’s one of the vegetables highest in sodium – but don’t worry, it’s still really low compared to any processed foods.