

'UALA (SWEET POTATO) SALAD

INGREDIENTS

- 3 pounds **'uala** (purple sweet potatoes recommended)
- 1 small **bell pepper**
- 1 rib **celery**
- 1 tablespoon diced **sweet onion**
- $\frac{1}{3}$ cup **light mayonnaise**
- 2 teaspoon **apple cider vinegar**
- Optional: diced **jalapeño pepper**


DIRECTIONS


Always practice food safety when cooking.


- 1) Follow Rice Cooker 'Uala recipe on page 67 to steam 'uala. While warm, peel skin.
- 2) Refrigerate until cool to the touch.
- 3) When cool, cut 'uala into 1 inch cubes.
- 4) Dice bell pepper into $\frac{1}{4}$ inch pieces. Set aside.
- 5) Dice celery into $\frac{1}{4}$ inch pieces. Set aside.
- 6) Dice onion into $\frac{1}{4}$ inch pieces. Set aside.
- 7) In a medium bowl, combine 'uala, bell pepper, celery, and onion. Set aside.
- 8) In a small bowl, mix mayonnaise and apple cider vinegar.
- 9) Add mayonnaise mixture to 'uala mixture. Stir gently.
- 10) Optional: add jalapeño.

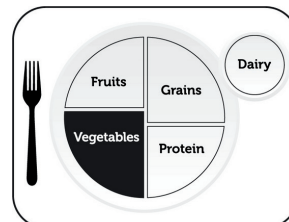
NOTES

- Corn can be added.
- Red, white, and sweet onions are good onions to serve raw as they have a mellow flavor. If you only have yellow onions on hand, soak the diced onion in ice cold water for about 30 minutes, then drain before using.

 Rice cooker:
40 minutes
Prep: 15 minutes

 16 servings
(1 serving = $\frac{1}{2}$ cup)

 low fat
low sodium



Nutrition Facts

16 servings per container
Serving size 1/2 cup (108g)

Amount per serving
Calories 110

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 50mg 2%

Total Carbohydrate 23g 8%

Dietary Fiber 3g 11%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 35mg 2%

Iron 1mg 6%

Potassium 35mg 0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.