

PICKLES & PEPPERS

Sweet Potato and Pickle Salad



BAY VALLEY
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Sweet Potato and Pickle Salad

10 Servings

INGREDIENTS:	AMTS:	PROCEDURE:	NUTRITION (Per serving)
Sweet potatoes, peeled and quartered	40 oz.	Steam or boil potatoes until tender. Cool and cut into bite-size pieces.	451 calories
Bacon, cut into 1-inch pieces	1/2 lb.	Cook bacon until crisp.	7 g protein
Bay Valley Foods® Sweet Cucumber Chips , drained	1 cup	Combine potatoes, bacon, cucumber chips, and pecan halves with dressing in large bowl.	47 g carbohydrate
Pecan halves	1 cup		5 g fiber
Lemon Ginger Dressing (<i>recipe follows</i>)		Line serving dish with lettuce leaves. Spoon salad on top.	27 g fat
Red lettuce leaves	8	Garnish with additional cucumber chips if desired.	3 g saturated fat
<u><i>Lemon Ginger Dressing</i></u>			0 g trans fat
Fresh lemon juice	1 Tbsp.	Mix all ingredients well.	10 mg cholesterol
Brown sugar	1/2 cup		386 mg sodium
Gingerroot (or 1/4 tsp. ground ginger)	1 tsp.		
Canola oil	1/2 cup		
Cider vinegar	3 Tbsp.		



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