

I was at the Braai on the weekend and was asked for my Sweet Potato Salad recipe so here it is:

Unpeeled sweet potatoes halved crosswise	1 ½ lbs	680g
Chopped green pepper	½ cup	125 ml
Dressing		
Plain yogurt	2 tbsp	30-ml
Mayonnaise	1 tbsp	15 ml
Mango chutney, finely chopped	1 tbsp	15 ml
Frozen concentrated orange juice, thawed	1 ½ tsp	7 ml
Curry powder	¼ tsp	1 ml
Ground cumin	¼ tsp	1 ml
Salt	1/8 tsp	0.5 ml
Pepper	1/8 tsp	0.5 ml

Cook sweet potato in boiling salted water in large saucepan till just tender. Drain. Rinse with cold Water. Drain well. Remove peel. Cut sweet potato into ½ inch pieces. Put into medium bowl.

Add green pepper. Toss

Dressing: Combine all 8 ingredients in small cup. Add to salad. Toss. Makes about 4 cups.

That's it

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