
Sweet Potato Apple Salad

Tastes great and looks pretty

This is a low cholesterol salad that you can make ahead and have ready to serve in individual portions on your best salad plates.

Quantity	Ingredients	Preparation Notes
Orange Dressing		
1/3 Cup	Vegetable Oil	• Prepare orange dressing by combining ingredients and setting aside.
3 Tbsp	Red Wine Vinegar	• Peel, cube and boil sweet potatoes. Drain when finished and put in mixing bowl.
3 Tbsp	Orange Juice	• Cut apple into thin slices or cubes and add to potatoes
2 tsp	Grated fresh Orange Rind	• Core endive and separate leaves and set aside.
1/2 tsp	Salt	• Add onions and one half of the dressing
Salad		
1 1/2 lbs	Sweet Potatoes	• Put watercress in separate bowl and put in remaining dressing
1	Granny Smith Apple	• Put lettuce on plates as a base. Place watercress on top.
1/4 Cup	Shallots or Green Onion, chopped fine	• Arrange sweet potato mixture and endive leaves on top
1 Bunch	Watercress	• Garnish with pecans, orange rind rings and if desired dried cranberries
	Romaine or Bibb lettuce	• Do not assemble very far ahead of serving as watercress will get soggy.
1	Belgium Endive	
1/2 Cup	Pecans, toasted	