



**BeFit**

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## **Greek Yogurt Sweet Potato Salad**

Adapted from [www.nutritionbybrittany.com](http://www.nutritionbybrittany.com)

3 cups diced sweet potatoes (about 2 medium-sized potatoes)

1/2 tablespoon olive oil

1/4 cup plain non-fat Greek yogurt

1/4 teaspoon black pepper

1 teaspoon chopped fresh dill

1/2 tablespoon white vinegar

1/2 tablespoon Dijon mustard

1/2 cup diced celery

1/2 cup chopped red onion

1 tablespoon sunflower seeds

### **Instructions:**

Set oven to 400 degrees.

In a medium bowl, toss chopped sweet potatoes with olive oil. Place on a baking sheet lined with aluminum foil. Roast sweet potatoes for about 20 minutes (or until tender). Set aside to cool.

In a small bowl, combine non-fat Greek yogurt, black pepper, dill, vinegar, and mustard. Mix until well combined.

Combine cooled potatoes, celery, onion, and sunflower seeds. Pour dressing on top and toss to combine.

### **Notes:**

-This tastes best served chilled

-Recipe does not include added salt. Salt finished salad to taste, as desired.

**Yield:** 4 servings (3/4 cup each)



### **NUTRITION INFORMATION PER SERVING:**

**CALORIES:** 140 calories

**PROTEIN:** 5 g

**SODIUM:** 90 mg

**CARBOHYDRATE:** 24 g

**FIBER:** 3 g

**FAT:** 3 g

**SAT FAT:** 0 g