

## Greek Yogurt Sweet Potato Salad

*Adapted from nutritionbybrittany.com*

### Ingredients

- 3 cups diced sweet potatoes (about 2 medium-sized potatoes)
- ½ tablespoon olive oil
- ¼ cup plain Greek yogurt
- ¼ teaspoon black pepper
- 1 teaspoon chopped fresh dill
- ½ teaspoon white vinegar
- ½ tablespoon Dijon mustard
- ½ cup diced celery
- ½ 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 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. Refrigerate until ready to serve.

### Note:

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

**Yield:** 4 servings

### **NUTRITION FACTS PER SERVING**

CALORIES: 140

PROTEIN: 5 grams

SODIUM: 90 milligrams

CARBOHYDRATE: 24 grams

FIBER: 3 grams

FAT: 3 grams

SATURATED FAT: 0 grams