

Raw Sweet Potato and Apple Salad

This refreshing salad is perfect for Easter especially if you are going to be surrounded by the SAD (Standard American Diet) kind of goodies! If you have never tried raw sweet potatoes, be adventurous and try this.

Make the salad a day ahead so the raw sweet potatoes can soften and all the flavors can meld nicely. If possible use organic produce, especially for the apples.

Ingredients

1. 4 cups peeled and grated sweet potatoes
2. 2 tart apples, peeled, cored and chopped
3. ½ cup raisins
4. ½ cup of pecan or walnut pieces (optional)

Dressing

1. Juice of 1 orange
2. Juice of 1 lime
3. 2 gloves garlic
4. 2 tablespoons apple cider or white wine vinegar
5. 1 tablespoon Dijon mustard
6. Sea salt and freshly ground black pepper, to taste
7. 1/3 extra virgin olive oil

Directions

1. Mix the sweet potatoes, apples, raisins and preferred nuts in a large bowl.
2. Combine the juices, cider, garlic, mustard, salt and pepper in a small bowl. Whisk well, then add the olive. Keep on whisking.
3. Pour the dressing over the salad, toss well, then refrigerate overnight.

This yields 6-8 servings.

