



Creamy Sweet Potato Salad



1/6th of recipe (about 3/4 cup) : 130 calories, 3.5g total fat (0.5g sat. fat), 236mg sodium, 22.5g carbs, 3.5g fiber, 5.5g sugars, 2.5g protein

Prep: 15 minutes **Cook:** 15 minutes

Chill: 1 hour



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Ingredients

1 lb. (about 1/2 medium) butternut squash cut into 1-inch cubes
10 oz. (about 1 medium) sweet potato, peeled and cut into 1-inch cubes
1/3 cup light mayonnaise
1/4 cup fat-free plain Greek yogurt
2 tbsp. apple cider vinegar
1 packet natural no-calorie sweetener
1/4 tsp. garlic powder
1/4 tsp. each salt and black pepper
1/2 cup chopped celery
1/2 cup chopped onion
1/2 cup chopped red bell pepper

Directions

Place squash and potato in a large microwave-safe bowl with 1/3 cup water. Cover and microwave for 6 minutes. Stir, re-cover, and microwave for 8 minutes, or until tender. Once cool enough to handle, drain excess water.

In another large bowl, combine mayo, yogurt, vinegar, sweetener, garlic powder, salt, and pepper. Mix until uniform. Add all remaining ingredients, including drained squash and potatoes. Gently stir to coat.

Cover and refrigerate until chilled, at least 1 hour.

MAKES 6 SERVINGS

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