Marinated Sweet Potato Salad

Ingredients

**Salad**
3 medium sweet potatoes, about 1 ¼ pounds  
1 small-medium onion, halved and thinly sliced  
1 small-medium red or green bell pepper, sliced (julienned)

**Dressing**
½ cup apple cider vinegar  
¼ cup extra virgin olive oil  
1 ½ teaspoons raw honey or 5-10 drops liquid Stevia  
1 garlic clove, minced  
¼ teaspoon salt  
⅛ teaspoon pepper  
¼ teaspoon dried oregano or ½ - ¾ teaspoon chopped, fresh oregano  
1-2 bay leaves

Directions

1. Place sweet potatoes in a large saucepan or Dutch oven; cover with water. Bring to a boil. Reduce heat, cover and cook for 20-23 minutes or just until tender. Drain, cool slightly and peel potatoes.
2. While potatoes cook, in a jar with a tight-fitting lid, combine the dressing ingredients, and shake well.
3. Cut potatoes in half, lengthwise and slice into ⅛ - ¼-inch thick slices. Slice onion and bell pepper and add to potatoes. Pour dressing over potatoes, onion and pepper. Gently toss to coat. Cover and refrigerate for 3 hours. Remove bay leaves before serving.

Yield: 7-8 servings (¾ cup equals 1 serving)

Recipe adapted by Leigh Wagner, MS, RD, LD