

Weekend Recipes' Corner: Sweet Potato Salad

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Eating vegetarian food not only reduces the pollution to the earth, but also helps to build a harmonious relationship between our mind and body. Tzu Chi Medical Team has designed recipes of delicious and nutritious vegetarian food, thus enabling us to appreciate the beauty of the vegetarian diet while enjoying its tantalizing flavors.

Ingredients:

1/2 sweet potato (about 300-400 grams)
1/2 large tomato (or 1-2 small tomatoes)
3-4 lettuce leaves
1/2 cucumber
3 baby corns
some alfalfa sprouts
some raisins

Salad dressing:

1 small tablespoon of coarse-grained miso or other type of miso,
1 tablespoon of sugar-free apple cider vinegar,
1 teaspoon of egg-free mayonnaise,
1/3 teaspoon of olive oil

Directions:

Mix all the ingredients for the salad dressing well into a delicious light yellow paste.

Boil the sweet potato until it is half-cooked. Dice it into cubes and set aside.

Put the tomatoes in hot water to remove the skin. When it cools, slice them and set aside.
Clean the rest ingredients.

Slice the cucumber in and cut the baby corns into halves.

Toss all the vegetables and mix well.

Drizzle the salad dressing made in step 1, and sprinkle some raisins.

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