



THE ingles TABLE

with **Chef Clarence Robinson**
Sweet Potato Salad

Shopping List

3 sweet potatoes
½ cup of shredded carrots
½ cup of spinach
½ cup of bell pepper
2 green onions
2 tablespoons of brown sugar
1 teaspoon of garlic powder
Salt & Pepper to taste
2 tablespoons of dijon mustard
½ cup of honey

Cooking Instructions

1. Peel/Skin sweet potatoes,
2. Boil until soft or cook them in the oven at 375 degrees for 20 minutes.
3. Dice sweet potatoes and mix all ingredients in a large bowl.
4. Serve hot or cold.



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