

Rota Sweet Potato Salad with Grilled Chicken Breast

Makes: 2 Servings

“My parents grew up in Korea. My father said many Koreans believe eating five colored foods a day is the best way to maintain our general health,” says Claire. “I like colored food also. The best purple food is purple potatoes, especially the ones grown on Rota, one of the Northern Mariana Islands. They are really pretty and yummy. I think I am pretty healthy because of colored foods.”

Ingredients

- 2 purple or regular sweet potatoes, peeled and halved lengthwise
- 1/4 cup nuts, crushed
- 1/4 cup dried cranberries
- 1/4 cup corn
- 1/4 cup plain yogurt
- 2 tablespoons mustard
- 1 tablespoon honey
- 1 large skinless, boneless chicken breast
- 1 pinch salt
- 1 pinch pepper
- 1 teaspoon dried basil
- 1 tablespoon lime juice
- 1 tablespoon olive oil
- 1 tablespoon honey
- 2 teaspoons low-sodium soy sauce

Directions

1. In a steamer set in a large pot of boiling water, steam the sweet potatoes for about 20 minutes, or until tender.



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	518	
Total Fat	19 g	29%
Protein	24 g	
Carbohydrates	68 g	23%
Dietary Fiber	10 g	40%
Saturated Fat	4 g	18%
Sodium	740 mg	32%

*Percent Daily Values are based on a 2,000 calorie diet.

2. **In a large bowl**, mash the potatoes. Add the nuts, cranberries, corn, yogurt, mustard, and honey.
3. **Preheat the grill to medium-high**. Sprinkle the chicken with salt, pepper, and basil and grill, turning once, about 5 minutes per side, or until cooked through. Cut the chicken in half.
4. **Meanwhile, in a small bowl**, whisk together the lime juice, olive oil, honey, and soy sauce.
5. **Divide** the sweet potato salad and grilled chicken breast between 2 plates. Drizzle the chicken with the lime-soy sauce and serve.

The 2015 Healthy Lunchtime Challenge Cookbook