



## Curry Ham-Sweet Potato Salad

### Ingredients:

- 3 Medium sized sweet potatoes or 3 (15 oz.) cans sweet potatoes, drained and diced
- 1 (15 ½ ounce) can pineapple chunks
- 2 Cups diced cooked ham
- 1 Small onion, minced
- 1 Bell pepper, chopped
- ½ Cup reduced fat or fat-free mayonnaise
- 1 Tablespoon curry powder
- 1/4 Tablespoon paprika
- Lettuce leaves
- 1/2 Cup slivered almonds, toasted

### Instructions:

Cook sweet potatoes in boiling water for 20 to 25 minutes or until tender. Drain. Let cool to touch and peel. Cut into ½ inch cubes. Drain pineapple chunks, reserving 2 tablespoons of juice. Combine pineapple, ham, onion and green pepper. Fold in sweet potato cubes. Combine mayonnaise, reserved pineapple juice, curry powder and paprika. Mix well. Line a large salad bowl with lettuce leaves. Place salad mixture over lettuce leaves and top with mayonnaise mixture. Sprinkle with almonds, cover and chill. Makes 6 servings.

**Serving Size:** 6

**Cook Time:** 45 minutes

### Categories:

Salads

Fruit

Healthy

Quick & Easy

Nuts