

hot honey sweet potato salad

Ingredients

- 1 cup water
- 2 Tbsp. granulated sugar
- $\frac{3}{4}$ cup + 2 Tbsp. apple cider vinegar, divided
- 1 medium red onion, sliced
- 4 sweet potatoes
- $\frac{1}{4}$ tsp. black pepper
- 1 tsp. + $\frac{1}{4}$ tsp. salt
- 4 Tbsp. olive oil, divided
- 1 tsp. paprika
- $\frac{1}{2}$ tsp ground cumin
- 1 Tbsp. Dijon mustard
- 3 Tbsp. hot honey
- $\frac{1}{2}$ cup chopped toasted pecans
- $\frac{1}{2}$ cup chopped flat leaf parsley

Instructions

1. Preheat oven to 425°F.
2. Peel and dice sweet potato.
3. Stir together water, sugar, $\frac{3}{4}$ cup of vinegar and 1 tsp. of salt in a small saucepan then bring to a boil. Reduce heat and simmer until sugar is dissolved. Remove from heat. This will be our quick pickling liquid!
4. Place onion slices in a heatproof jar or bowl; carefully pour liquid over onion, until covered. Seal jar with lid, or cover bowl with plastic wrap. Set aside.
5. Toss together sweet potatoes, paprika, cumin, 1 tsp. of the salt, and 2 Tbsp. of oil in a large bowl until well coated.
6. Arrange sweet potatoes in an even layer on a baking sheet. Roast in until fork-tender, 20 to 25 minutes.
7. Whisk together hot honey, mustard, pepper and remaining 2 Tbsp. vinegar, $\frac{1}{4}$ tsp. salt, and 2 Tbsp. oil in a large bowl until smooth and combined.
8. Drain pickled onion.
9. Add sweet potatoes, parsley and drained pickled onion to hot honey mixture in bowl; toss until evenly combined. Sprinkle with pecans, and enjoy!



Children's Hospital Colorado

children's
museum

Denver • Marsico Campus