

Marinated Sweet Potatoes with Broccoli

Adapted from Moosewood Cookbook, Mollie Katzen

Preparation time: 15 to 20 minutes | Yield: about 6 servings

A bonus to this delicious, refreshing salad: It is full of antioxidants, so you can get healthy while you chow down. This tastes best if made with an aromatic, flavorful walnut oil. But it's also quite good with a lighter walnut oil, or extra-virgin olive oil.

3 medium-sized sweet potatoes or yams (1 1/2 to 2 pounds)
1/2 cup walnut oil or extra-virgin olive oil
1 large clove garlic, minced
3 tablespoons fresh lemon juice
2 tablespoons raspberry vinegar
1 teaspoon salt (or more, to taste)
1 tablespoon dry mustard
1 tablespoon honey
1 bunch (1 1/2 pounds) broccoli--cut into 1-inch pieces and/or small florets
Freshly ground black pepper to taste

Optional Garnishes:

Thin slices of green apple

Chopped toasted pecans

1. Peel the sweet potatoes, cut them in halves or quarters, and then cut into thin slices. Cook them in a steamer over boiling water while you prepare the marinade. (Keep your eye the sweet potatoes, so they won't overcook.)
2. In a medium-large bowl, combine the oil, garlic, lemon juice, vinegar, salt, mustard, and honey, and whisk until well-blended.
3. As soon as the sweet potato slices are tender (but not mushy), add them, still hot, to the marinade. Mix gently.
4. Steam the broccoli spears until bright green and just tender. Rinse under cold running water to stop the cook, then drain and dry the broccoli pieces completely. Lay them carefully on top of the salad. Cover tightly, and marinate for several hours. (Chilling is optional. This dish tastes good cold OR at room temperature.)
5. Within about 15 minutes of serving, mix in the broccoli from the top of the sweet potatoes. (If the brocccoli comes into contact with the vinegar too soon, its beautiful green color will fade.) Season to taste with black pepper, and serve garnished with thin slices of green apple and chopped, toasted pecans, if desired.

http://www.molliekatzen.com/recipes/sweet_potatoes.html