

# Zesty Sweet Potato Corn Salsa

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## Ingredients:

- 2 cups Diced cooked Sweet Potatoes
- 1 can (15 1/4 oz.) Whole kernel corn, drained
- 1/4 cup Diced red pepper
- 1 Fresh jalapeno pepper, seeded and chopped
- 2 tbsp. Chopped fresh cilantro
- 1 small Clove garlic, minced
- 1/4 tsp. Seasoned Salt
- 2 tbsp. Fresh lime juice

## Preparation:

In medium bowl, combine all ingredients. Blend well. Cover and chill at least 30 minutes to blend flavors. Use to add new flavor to grilled chicken, pork or fish.

Makes about 12 servings

# Sweet Potato Cornbread Stuffing

## Ingredients:

- 2 1/2 cups North Carolina Sweet Potatoes, peeled and cut into small cubes
- 1 cup chopped onion
- 1 cup sliced celery
- 2 Tbsp. diet margarine
- 1/4 cup chopped fresh parsley
- 1 tsp. ground ginger
- 1 (16 oz.) package cornbread stuffing (about 5 cups)
- 1/2 cup chopped pecans
- 1 (14.5 oz.) can chicken broth

## Preparation:

Preheat oven to 375 degrees F. In a nonstick skillet, sauté Sweet Potatoes, onion and celery in margarine for 7 to 10 minutes, or until onions and celery are tender. Spoon mixture into large mixing bowl. Stir in parsley and ginger. Add cornbread and pecans. Toss gently to mix. Slowly add chicken broth and toss gently to moisten. Place stuffing in a casserole dish. Bake covered for 30 minutes. Then uncover and bake an additional 15 minutes, or until top is lightly browned and stuffing is heated through.

Makes 8 servings, or about 6 cups