

## **For Immediate Release**

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### **Local Ammon, Idaho Resident wins National Recipe Contest**

**Baton Rouge, La.** – The Louisiana Sweet Potato Commission, along with *Louisiana Cookin'* magazine, have announced the conclusion of the fourth annual Sweet Rewards Recipe Contest for Canned Sweet Potatoes, naming five first-place winning recipes and one grand-prize winner.

Aysha Schurman, from Ammon, Idaho, won first place in the Sides Category. Schurman's *Sweet Onion salad with Sweet Potato Raspberry Dressing* won the category and earned her a \$500 cash prize.

This year, there were over 665 entries from 46 states nationwide. Entries were grouped into five categories: breads and breakfasts, soups, sides, desserts, and professional, a new category added to this year's competition for professional chefs. Twenty-six students from the Culinary Arts program at Delgado Community College in New Orleans prepared the final recipes for judging.

Judges for the contest assigned a first, second and third place winner from each category, as well as an overall grand-prize winner. The winning recipes were decided based on overall flavor, texture, visual appeal and creativity.

*Louisiana Cookin'* magazine featured the winners' names and recipes in its October issue and posted the winning recipes on their website. Recipes are also posted in the recipe section on the Louisiana Sweet Potato Commission's website.

The Louisiana Sweet Potato Commission is the main sponsor for the 2009 Sweet Rewards Recipe contest. Their mission is to promote the consumption of Louisiana sweet potatoes by educating consumers on the yam's many nutritional attributes and its amazing versatility in popular, delicious recipes. Bruce Foods, Allen Canning, the Culinary Arts Department at Delgado Community College and [nomenu.com](http://nomenu.com) also sponsored this year's contest.

The next Sweet Rewards Recipe Contest for Canned Sweet Potatoes will begin in January 2009. Contest information, free recipes and nutritional information about sweet potatoes are available on the commission's website at [www.sweetpotato.org](http://www.sweetpotato.org).

## 1<sup>st</sup> Place Sides

### Sweet Onion salad with Sweet Potato Raspberry Dressing

Makes 4 to 6 servings

#### Dressing:

- 1 15-ounce can mashed Louisiana sweet potatoes
- 1/2 cup fresh raspberries
- 2 tablespoons rice vinegar
- 1/4 cup vegetable oil
- 2 tablespoons apple juice
- 1 teaspoon dark molasses
- 1 tablespoon ground pepper
- 1/2 teaspoon salt
- 1 tablespoon fresh chopped parsley
- 1 teaspoon fresh pressed garlic
- 1/2 teaspoon chopped cilantro
- 1 teaspoon fresh chopped basil

#### Salad:

- 1 1/2 cups shredded iceberg lettuce
- 1 cup chopped red onion, 1/2 inch dice
- 1/2 cup chopped yellow onion, 1/2 inch dice
- 1/4 cup finely chopped, fresh chives
- 1/2 cup peeled and sliced cucumber, 1/2 inch thick
- 1/3 cup chopped celery, 1/2 inch dice
- 1/3 cup chopped walnuts
- 1/4 cup blue cheese crumbles
- 1 Granny Smith apple, quartered, cored and sliced

Pour all the ingredients for the dressing into a food processor or blender. Blend together until dressing is creamy and a uniform color. Place ingredients for salad in large mixing bowl. Gently toss salad until well mixed. Pour dressing over salad, toss again, and serve on salad plate. Garnish with crumbled blue cheese and apple slices.

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