



Pear Yam Salad

This recipe is a fall favorite. The slightly sweet spicy dressing mixed with the toasted pecan flavor makes the yams and pears

Ingredients:

- 2 Pounds sweet potatoes (yams), peeled and cubed
- 3 Fresh pears
- 2 Tablespoons lemon juice
- ¼ Cup toasted pecans
- 1 Cup chopped celery
- 1/3 Cup raisins
- 1/3 Cup light mayonnaise
- 1 Tablespoon honey
- 1/2 Teaspoon ground ginger
- Salt to taste

Instructions:

In a saucepan, cook the yams for 8 to 10 minutes in boiling water just until tender. Do not overcook. Drain; set aside to cool. Core the pears and cut into chunks. Toss the pears with the lemon juice and mix with the cooled yams in a large bowl. Add the pecans, celery and raisins, mixing gently. In a small bowl, mix together the mayonnaise, honey, ginger and salt. Pour the dressing over the yam-pear mixture, mixing gently to coat the salad. Serve immediately or refrigerate.

Serving Size: 8

Cook Time: 20 minutes

Categories:

Salad

Fruit

Healthy

Quick & Easy

7 Ingredients or Less