

FOR IMMEDIATE RELEASE
SATURDAY, OCT. 14, 2017

CONTACT: *Lisa Prince, cooking contest coordinator*
N.C. State Fair
919-906-0067

Raleigh woman's Spicy Smoky BBQ Sweet Potato Salad wins sweet potato recipe contest

RALEIGH – Beth Matheson of Raleigh won first place and \$250 in the N.C. SweetPotato Commission's Sweet Potato Tailgating contest for her Spicy Smoky BBQ Sweet Potato Salad Saturday at the N.C. State Fair.

Kellie Williams of Cary earned second-place honors and \$175 for her Sweet Potato Egg Nog recipe. Third place and \$125 went to Virginia Thompson of Durham for a Sweet Potato and Chorizo Burrito recipe. Honorable mention and \$75 went to Kristen Frybort of Raleigh for her Yummy Sweet Potato Quiche.

All recipes had to include at least 1 ½ cups of fresh sweet potatoes and entries were judged based on taste, most creative use of sweet potatoes and preparation time.

The winning recipe follows:

Spicy Smoky BBQ Sweet Potato Salad

For the salad:

2 pounds of sweet potatoes cut into 1-inch cubes
1 to 2 tablespoons olive oil
1/2 teaspoon salt
1/4 teaspoon black pepper
1/4 cup diced red onion
1/4 cup chopped celery
1/8 cup chopped cilantro
1 jalapeno diced

For the dressing:

6 ounces plain Greek yogurt

4 tablespoons BBQ sauce
1/4 cup mayo
1/2 teaspoon salt
1/4 teaspoon black pepper
1 teaspoon salt
1/4 teaspoon black pepper
1 teaspoon smoked paprika
Juice of half a lime

Directions:

1. Combine first four ingredients in bowl and spoon onto large sheet pans covered with parchment paper.
2. Roast at 425 F for 10 to 15 minutes then flip them on the pan.
3. Continue to roast the sweet potatoes for an additional 15 to 20 minutes until desired doneness is achieved.
4. Remove from oven and let cool.
5. Dice red onion, celery, cilantro and jalapeno. Combine in a large bowl.
6. Add cooled sweet potatoes to the vegetable mixture.
7. Prepare dressing by combining all dressing ingredients in a small bowl.
8. Spoon dressing over vegetable mixture. Toss to coat or stir.
9. Garnish if desired.

Garnish options:

Chopped bacon
Green onion
Extra sprinkling of smoked paprika
Extra sprinkling of chopped cilantro