

Plate it up! Kentucky Proud - Radio Scripts

### **Corn and Sweet Potato Confetti Salad**

1 minute

Whether it's spring, summer, fall or winter, you can Plate it up! Kentucky Proud using recipes that put a new twist and a new taste on your favorite Kentucky Proud foods. For great summer meals that are sure to please try colorful garden salad combinations! The colors of the summer garden come together in this Corn and Sweet Potato Confetti Salad. Served warm or cold, it is sure to be the hit of your next picnic! Deep rich color is the key to ensuring good nutrition and these colorful veggies pack a powerful punch in every bite! For this delicious Plate it up! Kentucky Proud recipe and information for using KY Proud fruits and vegetables, contact the xxxxx County Cooperative Extension Service or visit [plateitup.ca.uky.edu](http://plateitup.ca.uky.edu). This is Jane Doe for the University of Kentucky Cooperative Extension Service helping you to Plate it up! Kentucky Proud!

2 minute

Whether it's spring, summer, fall or winter, you can Plate it up! Kentucky Proud using recipes that put a new twist and a new taste on your favorite Kentucky Proud foods. For great summer meals that are sure to please try colorful garden salad combinations! The colors of the summer garden come together in this Corn and Sweet Potato Confetti Salad. This is not your grandma's potato salad, as savory sweet potatoes take the place of white potatoes and fresh cut corn adds sweetness and texture. Deep rich color is the key to ensuring good nutrition and these colorful veggies pack a powerful punch in every bite! Sweet potatoes are excellent sources of vitamins A and C and fiber, while corn ups the vitamin C ante! Select sweet potatoes that are dark orange and have unblemished skins. Choose small to medium potatoes for flavor at the peak of perfection. Choose corn with green husks, fresh silks and tight rows of kernels. Served warm or cold, Corn and Sweet Potato Confetti Salad is sure to be the hit of your next picnic! Remember, if it isn't growing in your backyard, you can find many Kentucky Proud products at your local farmers market. For this delicious Plate it up! Kentucky Proud recipe and information for using KY Proud fruits and vegetables, contact the xxxxx County Cooperative Extension Service or visit [plateitup.ca.uky.edu](http://plateitup.ca.uky.edu). This is Jane Doe for the University of Kentucky Cooperative Extension Service helping you to Plate it up! Kentucky Proud!