



Roasted Sweet Potato Salad (4-6 servings)

Ingredients

1¼ lbs sweet potatoes *washed, peeled, & cut into*

1 inch pieces

2 Tbsps olive oil

15 oz can black beans - *drained and rinsed*

3 green onions - *thinly slice both white and green portions of the onion*

1 medium red bell pepper - *seeded and diced small*

1 cup corn (*if using frozen corn, allow to thaw*)

½ cup cilantro leaves - *minced*

½ tsp salt

½ tsp pepper

Honey Dijon Dressing

2 Tbsps honey

2 Tbsps dijon mustard

2 Tbsps lemon or lime juice

2 Tbsps olive oil

salt to taste

pepper to taste

cayenne pepper (*optional*)

Preparation

- Preheat oven to 400F
- Spray baking sheet with cooking spray, and place the sweet potatoes in an even, flat layer.
- Evenly drizzle with 2 tablespoons of olive oil, season with salt and pepper, and bake for about 45 minutes, or until fork-tender and done. Halfway through baking, flip the potatoes to ensure even cooking. (*Baking time will vary based on size of potatoes, oven and climate variances, at 30 minutes start checking for doneness.*)

While potatoes bake, prep and chop the remaining ingredients:

- Add the black beans, green onions, red pepper, corn, cilantro in a large bowl; set aside.
- In a small bowl, add the honey, dijon mustard, lemon juice, 2 tablespoons olive oil, salt/pepper and cayenne pepper. Whisk to combine and set the dressing aside.
- Once the potatoes are cooked, add them to the bowl with the beans and vegetables. (*continued*)



Classic and Essential Nutrition
A Corporate Nutrition & Healthy Lifestyles Consultancy

- Add the honey mustard mixture, and gently toss to combine. Taste, check for seasoning balance, make any necessary tweaks (*add more salt, pepper, touch of honey, lemon juice, etc. if needed*) and serve.

Notes

The salad can be served warm, at room temp, or chilled. Kept in an airtight container, it will keep in the fridge for up to 5 days.

This recipe was prepared on S1: Episode 5 of the video podcast "Dishing with Patricia."

