

# Black Bean and Sweet Potato Salad



4 Servings

## Ingredients

- 1 pound sweet potatoes, peeled and cut into 3/4-inch cubes
- 3 tablespoons vegetable or olive oil, divided
- 1/2 teaspoon ground cumin, or spice of choice (optional)
- 1/4 teaspoon red pepper flakes (optional)
- salt and ground black pepper to taste
- 2 tablespoons lime or lemon juice
- 1 (14.5 ounce) can black beans, rinsed and drained
- 1/2 onion, finely chopped
- Salad Greens

## Directions

1. Preheat oven to 450 degrees F
2. Spread sweet potatoes onto a rimmed baking sheet or roasting pan. Drizzle 1 tablespoon oil over sweet potatoes; season with cumin or other spice, red pepper flakes (optional), salt, and pepper. Toss sweet potatoes until evenly coated.
3. Roast on the lower rack of the preheated oven, stirring halfway through, until sweet potatoes are tender, 25 to 35 minutes. After 20 minutes add the diced onions.
4. Whisk remaining 2 tablespoons olive oil and lime juice together in a large bowl; season with salt and pepper. Add sweet potatoes, black beans; gently toss to coat.
5. Plate the salad greens and cover with the sweet potato and black mixture.