

Roasted Sweet Potato Salad with Black Beans and Chili Dressing (Makes 8 servings)

- 4 medium sweet potatoes (about 1½ pounds),
peeled and cut into 1-inch chunks
- 1 large onion, preferably red, chopped
- 4 Tablespoons extra virgin olive oil (divided)
- 1½ Tablespoons minced jalapeño
- 1 clove garlic, peeled
- Juice of 2 limes
- 2 cups black beans, unsalted
(canned or dried and cooked according to instructions)
- 1 red or yellow bell pepper, diced
- 1 cup chopped fresh cilantro
- ½ teaspoon salt
- Fresh ground black pepper (to taste)



Heat oven to 400°. Put sweet potatoes and onions on a large baking sheet, drizzle with 2 Tablespoons oil, toss to coat and spread out in a single layer. Sprinkle with salt and pepper. Roast, turning occasionally, until potatoes begin to brown on corners and are just tender inside, 30–40 minutes. Remove from oven; keep on pan until ready to mix with dressing.

To make dressing, put jalapeños in a blender or mini food processor along with garlic, lime juice, remaining olive oil and a salt and pepper. Process until blended. Put warm vegetables in a large bowl with beans and bell pepper; toss with dressing and cilantro. Taste and adjust seasoning if necessary. Serve warm or at room temperature, or refrigerate for up to a day.

Nutrition Information

Per serving (1/3 of recipe): Calories: 198, Fat: 6.75 gm; Saturated Fat: 1 gm; Carbohydrate: 30 gm; Sodium: 190 mg; Fiber: 7 gm

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