

Sweet Potato and Black Bean Salad

Jennie Stever - Albuquerque, NM
Relish Magazine - November 2013

Servings: 6

4 medium sweet potatoes, peeled and cubed

1 medium red onion, chopped

4 tablespoons olive oil, divided

2 medium jalapenos, seeded and roughly chopped

1 clove garlic

juice of two medium limes

1 can (15 ounce) black beans, rinsed and drained

1 medium red bell pepper, finely chopped

1 teaspoon salt

freshly ground black pepper

1/3 cup cilantro, chopped

Preheat the oven to 400 degrees.

Place the sweet potatoes, onions and two tablespoons of olive oil on a baking sheet. Toss well.

Bake, turning occasionally, until the edges brown, 30 to 40 minutes.

Place the jalapenos, garlic, lime juice and two tablespoons of olive oil in a blender or food processor and process until blended.

Place the warm sweet potatoes and the onions, beans and bell pepper in a large bowl. Add the dressing, salt and pepper. Toss well. Top with cilantro.

Serve at room temperature.

Per Serving (excluding unknown items): 303 Calories; 10g Fat (28.7% calories from fat); 9g Protein; 46g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 373mg Sodium. Exchanges: 3 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 2 Fat.

Salads

Per Serving Nutritional Analysis

Calories (kcal):	303	Vitamin B6 (mg):	.4mg
% Calories from Fat:	28.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	59.3%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	12.0%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	10g	Folacin (mcg):	167mcg

Saturated Fat (g): 1g
Monounsaturated Fat (g): 7g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 0mg
Carbohydrate (g): 46g
Dietary Fiber (g): 9g
Protein (g): 9g
Sodium (mg): 373mg
Potassium (mg): 816mg
Calcium (mg): 89mg
Iron (mg): 3mg
Zinc (mg): 2mg
Vitamin C (mg): 70mg
Vitamin A (i.u.): 18841IU
Vitamin A (r.e.): 1884RE

Niacin (mg): 2mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0 0%

Food Exchanges

Grain (Starch): 3
Lean Meat: 1/2
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 303 **Calories from Fat:** 87

% Daily Values*

Total Fat	10g	15%
Saturated Fat	1g	7%
Cholesterol	0mg	0%
Sodium	373mg	16%
Total Carbohydrates	46g	15%
Dietary Fiber	9g	35%
Protein	9g	
Vitamin A		377%
Vitamin C		117%
Calcium		9%
Iron		17%

* Percent Daily Values are based on a 2000 calorie diet.