



Sweet Potato Quinoa Black Bean Salad

Ingredients:

1 1/4 pounds sweet potatoes, scrubbed and peeled (about 3 small/medium), cut into 1/2-inch chunks
1 large red onion, cut into 1/2-inch chunks

4 tablespoons extra virgin olive oil, divided
2 teaspoons ground chili powder
1 teaspoon smoked paprika
1/2 teaspoon kosher salt
1 1/2 cups cooked quinoa (from 1/2 cup dry)
Zest and juice of 2 limes (3 tablespoons lime juice total)
2 teaspoons pure maple syrup (or substitute honey or light agave nectar)
1 clove garlic, minced
1 (15 ounce) can reduced sodium black beans, rinsed and drained
1 large bell pepper, cored and diced
3/4 cup freshly chopped cilantro

INSTRUCTIONS:

Preheat the oven to 400 degrees F. Place the cubed sweet potatoes and red onion on a large baking sheet. Drizzle with 1 tablespoon olive oil, then sprinkle with the chili powder, smoked paprika, and salt. Toss to coat and

spread into a single layer. Bake until the potatoes are just tender, about 25 minutes, turning halfway through.

Remove from the oven and set aside.

While the potatoes bake, cook the quinoa (if needed). In a small bowl or large measuring cup, whisk together the remaining 3 tablespoons extra virgin olive oil, lime juice and zest, maple syrup, and garlic (or shake the ingredients together in a mason jar with a tight-fitting lid). In a large mixing bowl, combine the cooked quinoa, black beans, bell pepper, cilantro, and roasted sweet potatoes and onions. Pour the dressing over the top, then toss to combine. Enjoy warm or at room temperature.