

# Sweet Potato & Black Bean Salad

Fall Winter Spring Summer

## NUTRITION INFORMATION

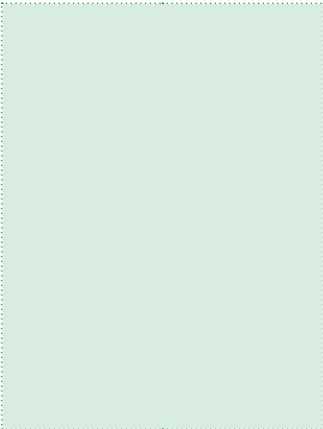
SERVING SIZE: ¼ cup

Amount per Serving

Calories	62 kcal
Protein	2.25 g
Carbohydrate	10.33 g
Total Fat	1.43 g
Saturated Fat	0.22 g
Cholesterol	0 mg
Vitamin A	3450.69 IU
Vitamin C	1.97 mg
Iron	0.81 mg
Calcium	19.81 mg
Sodium	166.04 mg
Dietary Fiber	2.89 g

EQUIVALENTS: ¼ cup provides ¼ cup red/orange vegetable and ¼ cup beans/legumes.

Recipe HACCP Process: #2 Same Day Service



# Sweet Potato & Black Bean Salad • 42 servings (¼ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
			1 Preheat convection oven to 400°F or conventional oven to 425°F.	<ul style="list-style-type: none"> <li>• This recipe also works well with a combination of basil and cilantro or with lemon zest and juice (use equal amounts).</li> <li>• The easiest way to get the most juice from limes (or any citrus) is to roll the fruit back and forth on the counter a couple of times, applying even downward pressure with the palm of your hand. This will break some of the cells containing the juice and make it easier to squeeze it out!</li> <li>• Quickly and easily remove the large stems of cilantro by holding the bunch in your hands so that the point where the bottom of the leaves connects to the long stems is between your fists. Twist the bunch to separate. Compost the stems and toss the leaves in the food processor.</li> </ul>
Sweet potatoes	2 lb 4 oz		2 Peel sweet potatoes (if desired) and cut into ¼-inch dice.	
Limes		1½ medium	3 Zest and juice limes.	
Vegetable oil		2 Tblsp	4 Toss sweet potatoes, vegetable oil, 1 tsp cumin, 1 tsp coriander and ½ tsp salt in a large bowl. Spread in a single layer on a sheet pan. Roast, stirring once, until fork tender and beginning to brown, 10 to 15 minutes. Let cool.	
Ground cumin		2 tsp, divided		
Ground coriander		2 tsp, divided		
Kosher salt		1 tsp, divided		
Fresh cilantro		½ bunch	5 Meanwhile, remove tough stems from cilantro and discard. Pulse the cilantro in a food processor fitted with a steel blade until chopped, about 10 seconds. Add the lime zest and juice, vinegar, honey, the remaining 1 tsp cumin, 1 tsp coriander and ½ tsp salt and pulse for about 10 seconds more. Add olive oil and pulse until the dressing is mostly smooth.	
Rice wine vinegar or white wine vinegar		2 Tblsp		
Honey		1½ tsp		
Olive oil		2 Tblsp		
Black beans, canned, rinsed and drained		1 qt + 1¼ cups	6 Toss the cooled sweet potatoes, black beans and dressing in a large bowl. Serve chilled.	