

Mexican Sweet Potato and Black Bean Salad

Makes about 8 Cups

Ingredients

2 lb. sweet potatoes (about 4 medium), peeled and cut into $\frac{3}{4}$ inch cubes
2 Tablespoons olive oil (not extra virgin), or canola or safflower oil
1 teaspoon ground cumin
 $\frac{1}{2}$ teaspoon chili powder
 $\frac{1}{2}$ teaspoon garlic salt
1 15 oz. can corn, drained or 1 $\frac{1}{2}$ cups frozen corn
1 15 oz. can black beans, drained and rinsed
4 scallions, thinly sliced
 $\frac{1}{2}$ cup chopped cilantro

Chipotle-Chili Dressing

(Yield- about 1 cup)

1-2 chipotle chilies plus about a teaspoon of sauce (from a can of chipotles in adobe sauce, found in Mexican section of supermarket)
1 clove garlic, minced
2 Tablespoons sweet chili sauce or ketchup
6 Tablespoons freshly squeezed lime juice (about 2 limes)
 $\frac{1}{2}$ cup olive oil, or canola or safflower oil

Mise en place! (Everything in its place)

Directions

1. Preheat oven to 375 degrees.
2. Place sweet potatoes in large bowl and drizzle with the 2 tablespoons of oil. Add cumin, chili powder, garlic salt and toss well to coat evenly.
3. Spread potatoes on a large baking sheet with shallow sides. (see notes)
4. Roast for about 35 minutes, tossing once, until fork tender.
5. While the potatoes are roasting, make the dressing.
6. In a blender, place the chili or chilies, garlic, chili sauce or ketchup, and lime juice. Process until smooth. Remove the center cap from the blender cover. With the machine running slowly, add the oil in a stream and process until it is emulsified. Cup your hand over the top at the beginning to avoid splashing.
7. When the sweet potatoes are done, let cool slightly and place in large bowl. Mix in the corn and beans.
8. Add scallions and cilantro; gently toss.
9. Add about $\frac{1}{4}$ cup of the dressing, just to moisten and toss again. Makes about 8 cups at about 200 calories per cup. Use additional dressing as needed. Each additional tablespoon of dressing will add 70 calories. (see notes)

Notes: I use a 12" x 17" baking sheet lined with parchment paper for easy cleanup.

For a lighter dressing, use 6 Tablespoons of oil and this will yield 50 calories per tablespoon. Dressing can be made ahead of time and frozen.

Sweet potatoes are an excellent source of Vitamins A and C. One small sweet potato (about 4 oz.) contains 438% RDA Vitamin A and 37% RDA Vitamin C, as well as 4 grams of fiber (15% RDA).

Recipe adapted from "Raising the Salad Bar" by Catherine Walthers