

Roasted Sweet Potato Salad with Black Beans, Poblano and Chili Dressing

Adapted from a Mark Bittman recipe



The spicy dressing is what makes this salad - make it hot enough to taste the heat, but not so much it burns.

1 1/2 pounds sweet potatoes, peeled and cut into 1-inch chunks

1 large red onion, peeled, chopped

1 whole poblano pepper, cut in large, flat pieces

2 medium shallots, peeled, quartered

Salt and freshly ground black pepper

2 tablespoons olive oil

2 cups cooked black beans, drained (canned are fine)

1 red bell pepper, or yellow, seeded and finely diced (or mix with both)

1 cup chopped fresh cilantro

DRESSING:

6 tablespoons olive oil

1 tablespoon jalapeno chile pepper, like jalapeño (1 to 2)

1 clove garlic, peeled

2 tablespoons fresh lime juice (from 2 limes)

Servings: 6

1. Heat oven to 400°. Place sweet potatoes, onions, poblano chile and shallots on a large baking sheet, drizzle with 2 tablespoons oil, toss to coat and spread out in a single layer. Sprinkle with ample salt and pepper. Roast, turning at least once, until potatoes begin to brown on corners and are just tender inside, 30 to 40 minutes. Do NOT overcook the mixture as the potatoes will dry out. Remove from oven; keep on pan until ready to mix with dressing.
2. Put chile in a blender or mini food processor along with garlic, lime juice, remaining olive oil and a sprinkle of salt and pepper. Process until blended.
3. Place 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.

Per Serving (excluding unknown items): 346 Calories; 19g Fat (47.4% calories from fat); 7g Protein; 39g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 15mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 3 1/2 Fat.

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>