

Roasted Sweet Potato Salad with Black Beans and Chili Dressing

Carolyn T's
Main Cookbook

Servings: 6

Author: Mark Bittman, in New York Times article 9/30/2009



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

1. Heat oven to 400 degrees. Place sweet potatoes and onions on a large baking sheet, drizzle with 2 tablespoons oil, toss to coat and spread out in a single layer. Sprinkle with salt and pepper. Roast, turning occasionally, 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 chiles 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. Put 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.

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

1 large red onion, peeled, chopped

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)

Blog: Carolyn T's Blog:

<http://tastingspoons.com>

Your Text Here

Per Serving (excluding unknown items): 339 Calories; 19g Fat (48.3% calories from fat); 7g Protein; 38g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 14mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 3 1/2 Fat.