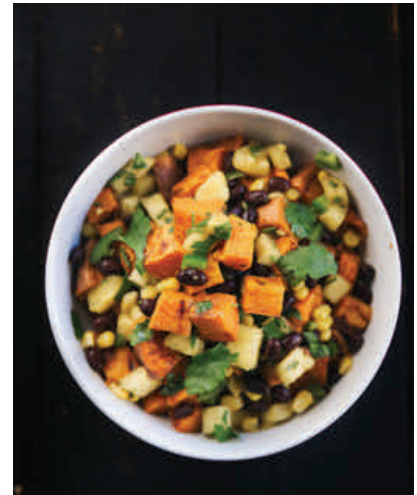


Roasted Sweet Potato and Black Bean Salad with Fresh Pineapple Corn Salsa

Ingredients:

- 1 1/2 pounds sweet potatoes (about 4 medium), cut into 1 inch chunks
- 1 tablespoon olive oil
- 1 tablespoon fresh lime juice
- 1 tablespoon pure maple syrup
- 2 garlic cloves, minced
- 1/2 teaspoon chili powder
- 1/4 teaspoon turmeric
- Freshly ground salt to taste
- 1 (15 oz) can black beans, rinsed, drained and patted dry
- For the salsa:
- 1 cup fresh diced pineapple
- 3/4 cup sweet corn, rinsed, drained, preferably organic (canned is fine)
- 1/2 small red onion, diced
- 1/2 jalapeno, seeded and diced
- 1/4 cup finely chopped fresh cilantro



Nutrition Facts	
Serving Size 1/2 cup (247g)	
Servings Per Container	
Amount Per Serving	
Calories 210	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	4%
Total Carbohydrate 44g	15%
Dietary Fiber 8g	32%
Sugars 15g	
Protein 7g	
Vitamin A 2%	Vitamin C 30%
Calcium 4%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



*VEGAN



*GLUTEN-FREE



*SOY FREE

Instructions

1. Preheat oven to 400 degrees F. Add sweet potato cubes to a large bowl.
2. In a small bowl, whisk together olive oil, lime juice maple syrup, garlic, turmeric and chili powder. Pour over sweet potatoes and toss evenly to distribute.
3. Pour on a baking sheet and spread out evenly. Roast in oven for 25 -35 minutes, flipping halfway through, until sweet potatoes are almost fork tender. Remove from oven, cool for a few minutes then immediately transfer to a large bowl or a serving platter. Toss sweet potatoes with black beans and top with salsa!
4. While the sweet potatoes are roasting, make the salsa: In a large bowl, toss pineapple, corn, red onion, jalapeno, cilantro and salt together. Serve warm or cold! Salad can be made a day ahead of time. Serves 6.