



Sweet Potato Black Bean Salad

Makes about 8-10 servings | **Vegetables** | Protein

Ingredients

- 2 large sweet potatoes (about 4 cups), cooked and diced
- 1 ½ cups corn (about 2 ears of fresh corn or 1 can)
- ½ cup onion, finely diced
- 1 can of black beans, drained and rinsed
- ½ cup cilantro or 2-4 Tablespoons dried cilantro (optional)
- ¼ cup of your favorite salad dressing

Directions

1. Wash hands with warm, soapy water.
2. Mix the cooked sweet potato, corn, black beans, onion and cilantro together in a large bowl.
3. Pour dressing over the top and mix to coat all ingredients.
4. Serve with rice, tortillas or add your favorite toppings.

Variation

Roast on Stove Top- Toss the cooked sweet potatoes lightly in oil, salt and pepper and cook on medium high heat for 3-5 minutes until slightly browned. Add corn and onions and cook an additional 2-3 minutes. Remove from pan, let cool and follow steps 2-4.

Add a Mexican Dressing- In a small bowl or jar mix together 2 Tablespoons canola oil, 1 Tablespoon lemon juice, ½ teaspoons Mexican seasoning, ½ teaspoon garlic powder, ½ teaspoon onion powder, salt and black pepper to taste. Let stand 15 minutes to blend flavors before servings.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your Wind River Reservation CNP Educator at <https://uwycnp.org/wrir/>

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