



Sweet Potato & Black Bean Salad

4 servings
25 minutes

Ingredients

2 Sweet Potato (diced into 1/2 inch cubes)
1 tbsp Extra Virgin Olive Oil
1 tsp Cumin
1/2 tsp Cinnamon
1/2 tsp Paprika
1/4 cup Tahini
1/2 Lemon (juiced)
2 Garlic (cloves, minced)
2 tbsps Unsweetened Almond Milk
2 cups Black Beans (cooked, drained and rinsed)
2 cups Cherry Tomatoes (halved)
1 cup Parsley (chopped)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	315
Fat	12g
Saturated	2g
Polyunsaturated	4g
Monounsaturated	6g
Carbs	42g
Fiber	13g
Sugar	5g
Protein	13g

Directions

- 1 Preheat the oven to 400°F (204°C). Line a large baking sheet with parchment paper.
- 2 In a large mixing bowl, combine diced sweet potato, olive oil, cumin, cinnamon and paprika. Transfer to baking sheet and bake for 25 minutes.
- 3 Meanwhile, make your tahini dressing by whisking together tahini, lemon juice, minced garlic and almond milk.
- 4 In the mixing bowl, combine black beans, tomatoes, chopped parsley and sweet potato. Drizzle with your desired amount of dressing. Season with salt and pepper to taste.

Notes

No Black Beans, Use lentils, chickpeas or quinoa instead.

No Tahini, Use hummus instead.

Storage, Refrigerate in air-tight container up to 3-5 days.