

Sweet Potato, Corn and Black Bean Salad

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**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

Serves: 4

Prep: 15 minutes | **Cook:** 25 minutes

INGREDIENTS

- 1 ear of corn, husk removed
- 2 teaspoons olive or canola oil
- 2 medium onions, diced
- 2 medium sweet potatoes, diced
- 2 cloves of garlic, minced
- 1 jalapeno, diced
- 1 tablespoon ground cumin (optional)
- 1 can (15 ounces) black beans, drained and rinsed
- 1 avocado, diced
- Black pepper, to taste

DIRECTIONS

1. Fill a large pot about halfway with water. Bring to a boil over medium-high heat. Add corn to boiling water and cook until kernels are tender, about 3-5 minutes.
2. Allow to cool. Use a knife to carefully remove kernels from the cobs.
3. Heat oil in a large pan over medium-high heat. Add onions and sauté until golden, about 3-5 minutes.
4. Add sweet potatoes and cook, stirring, until they begin to brown, 5-7 minutes.
5. Add garlic, jalapeno, and cumin (optional). Sauté until fragrant, about 30 seconds.
6. Add 3/4 cup water and cook until liquid is absorbed, 3-5 minutes.
7. Stir in corn and black beans. Cook until heated through. Season with salt and pepper to taste. Serve warm and top with diced avocado.

Notes:

- If you don't have fresh corn, substitute with 3/4 cup canned or frozen corn.



Nutrition Information	
<i>Serving Size: 1/4 of recipe</i>	
Total calories	314
Total fat	9 g
Saturated fat	1 g
Cholesterol	0 mg
Sodium	181 mg
Carbohydrates	53 g
Fiber	15 g
Sugar	8 g
Protein	11 g

Recipe source: Adapted from Eating Well Magazine