

Roasted Sweet Potato Salad



Ingredients

1 1/4 pounds sweet potatoes (about 2 jumbo), washed, peeled, and cut into 1-inch pieces
2 tablespoons olive oil
1/2 teaspoon salt
1/2 teaspoon pepper
15-ounce can black beans, drained and rinsed
3 green onions, trimmed and thinly sliced (use the white and green)
1 medium red bell pepper, seeded and diced small
1 cup corn (I use frozen that I allowed to thaw)
1/2 cup cilantro leaves, minced (about half of 1 bunch)
2 tablespoons honey
2 tablespoons Dijon mustard
2 tablespoons lemon juice (lime juice may be substituted)
2 tablespoons olive oil
1/2 teaspoon salt, or to taste
1/2 teaspoon pepper, or to taste - pinch cayenne pepper, optional and to taste

Directions

- Preheat oven to 400F. Line a baking sheet with cooking spray and add the sweet potatoes in an even, flat layer. Evenly drizzle with 2 tablespoons olive oil, season with salt and pepper, and bake for about 45 minutes, or until fork-tender and done. Halfway through baking flip potatoes to ensure even cooking. While potatoes bake, prep and chop the remaining ingredients.
- To a large bowl, add the black beans, green onions, red pepper, corn, cilantro; set aside.
- To a large measuring cup or medium bowl, add the honey, Dijon mustard, lemon juice, 2 tablespoons olive oil, salt and pepper to taste, optional cayenne pepper, and whisk to combine; set aside.
- After potatoes are cooked, add them to the bowl with the beans and vegetables, add the sauce, and toss to combine. Taste, check for seasoning balance (add more salt, pepper, touch of honey, lemon juice, etc.), make any necessary tweaks, and serve. Potato salad can be served warm, at room temp, or chilled - will keep airtight in the fridge for 5 days.