



Sweet Potato and Black Bean Salad

Servings

8

Calories

180

Prep Time

10 minutes

Total Time

20 minutes

Skill Level

Easy

Ingredients

- 5 cups Mann's Sweet Potato Cubes
- 2 tablespoons water
- 1 ½ cups black beans, canned, rinsed and drained
- ⅓ cup red onion, chopped
- 1 tablespoon jalapenos, seeded and minced
- ⅓ cup cilantro, chopped fresh
- 3 tablespoons lime juice, fresh
- 1 tablespoon Dijon mustard
- 1 tablespoon olive oil, extra-virgin
- 2 teaspoons sugar
- ½ teaspoon salt ¼ teaspoon fresh ground pepper



The Method

Place Mann's Sweet Potatoes in a microwave-safe bowl. Add 2 tablespoons of water; cover loosely with plastic wrap. Microwave on high for 6 minutes or until tender, stirring once during cooking process; drain.

Transfer potatoes to large bowl. Add beans, onion and jalapenos.

Combine lime juice and remaining ingredients. Whisk until blended. Drizzle over Sweet Potato mixture, tossing gently to coat. Cover and chill until ready to serve.



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Nutrition Facts

Serving Size: 213g | Servings: 8

Amount Per Serving

Calories 180 | Calories from Fat 20 | Total Fat 2g (sat fat 0g trans 0g) | Cholesterol 0mg | Sodium 420mg | Total Carbohydrate 37g |
Dietary Fiber 7g | Sugars 8g | Protein 4g | Vitamin A 400% | Vitamin C 10% | Calcium 6% | Iron 6%