

ISLAND GROWN

HARVEST ^{OF} THE MONTH

- November, 2014 -

SWEET POTATO

SWEET POTATO & BLACK BEAN SALAD

2 large sweet potatoes, (about 1 1/2 pounds),

peeled and cut into 1/2 inch cubes

1 can black beans drained and rinsed

1/3 cup olive oil

4 TBL fresh lime juice, plus the zest

1 large red pepper, chopped

1/2 cup cilantro, chopped

3 TBL honey

Salt and pepper to taste

Heat oven to 350. Toss cubed sweet potatoes with 2 TBL olive oil. Roast in the oven until tender about 10-15 minutes. Cool. In a large bowl combine the cooled, cooked sweet potato, red pepper, cilantro and black beans. In a small bowl combine lime juice, lime zest, honey and remaining olive oil. Add the honey-lime dressing to the sweet potato mixture plus salt and pepper to taste.

Recipe by Robin Forte



For more information visit

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