



## ROASTED SWEET POTATO & BROWN RICE SALAD

### **MATERIALS:**

Sharp knife  
Cutting Board  
Measuring cups & spoons  
Large Baking sheet  
Large Bowl  
Small Bowl  
Whisk or fork

### **INGREDIENTS:**

1.5 lbs sweet potatoes  
2 tablespoons oil  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
1/2 teaspoon ground cumin  
2 cups cooked brown rice  
1 15 oz. can black beans, rinsed and drained  
1 15 oz. can corn rinsed and drained (optional)  
1 small onion chopped

#### For the dressing:

4 tablespoons oil  
3 tablespoons lime juice or vinegar  
1/4 teaspoon ground cumin  
1/4 teaspoon salt  
1/4 teaspoon chili powder  
1 teaspoon minced garlic or 1/4 tsp garlic powder

**Serves:** 5

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## DIRECTIONS:

1. Preheat oven to 400 degrees F.
2. Peel sweet potatoes. Slice into 1/2" thick disk and cut each into 4 or 6 pieces.
3. Drizzle oil over potatoes. Season with salt, pepper and cumin. Toss gently to coat.
4. Roast for 20 to 23 minutes on a large baking sheet, until soft. Remove from oven and cool.
5. In a large bowl, combine corn, black beans, chopped onion, rice and potatoes.
6. In a small bowl or measuring cup, whisk together all the dressing ingredients. Pour over salad and gently toss.
7. Serve right away or cover with saran wrap and store in fridge for up to 4 days.

## Chef's Notes:

- For added kick, added minced jalepeno or cayenne pepper to salad.
- Substitute black beans for any kind of bean you like.
- Try adding fresh herbs like cilantro to the dressing.