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### Sweet Potato and Black Bean Salad

**Note:** Add more chipotle if you like it super spicy or less if you prefer it milder.

**Prep and cook time:** 16 minutes

#### What you need:

- 2 medium sweet potatoes, peeled and cut into ½-inch chunks
- Juice and zest of 2 limes
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 teaspoon honey
- 2 tablespoons canola oil
- ½ of one chipotle in adobo sauce, finely chopped (optional)
- 2 scallions, finely chopped
- ½ cup corn
- 1 (15 oz.) can of black beans, rinsed and drained
- ¼ cup cilantro, finely chopped

#### Equipment and supplies:

- Measuring cups and spoons
- Knife for chopping (ask an adult for help)
- Medium saucepan
- Large bowl
- Whisk

#### What to do:

1. Place potatoes into a medium saucepan and cover with cold water.
2. Bring to a boil and cook until just tender, about 6 minutes. Do not overcook.
3. Drain and allow to cool.
4. While potatoes are cooking, make dressing. In a large bowl, whisk together lime juice, zest, salt,



| Nutrition Facts  |                           |
|--|---------------------------|
| Serving Size 1/2 Cup   |                           |
| Amount Per Serving   |                           |
| <b>Calories</b> 240  | Calories from Fat 60      |
| % Daily Value*   |                           |
| <b>Total Fat</b> 6g  | <b>10%</b>                |
| Saturated Fat 1g   | 6%                        |
| <b>Cholesterol</b> 0mg   | <b>0%</b>                 |
| <b>Sodium</b> 260mg  | <b>11%</b>                |
| <b>Total Carbohydrate</b> 41g  | <b>14%</b>                |
| Dietary Fiber 10g  | 40%                       |
| Sugars 7g  |                           |
| <b>Protein</b> 9g  |                           |
| Vitamin A 180%   | Vitamin C 25%             |
| Calcium 4%   | Iron 15%                  |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |                           |
|  | Calories: 2,000 2,500     |
| Total Fat  | Less than 65g 80g         |
| Saturated Fat  | Less than 20g 25g         |
| Cholesterol  | Less than 300mg 300mg     |
| Sodium   | Less than 2,400mg 2,400mg |
| Total Carbohydrate   | 300g 375g                 |
| Dietary Fiber  | 25g 30g                   |
| Calories per gram:   |                           |
| Fat 9 • Carbohydrate 4 • Protein 4   |                           |

pepper, honey, canola oil, and chipotle.

5. Add cooled potatoes, scallions, beans, and cilantro. Toss gently.
6. Serve at room temperature or refrigerate.

**How much does this recipe make?**

4-6 servings

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