



Mexican Sweet Potato and Black Bean Salad

From "Raising the Salad Bar" by Catherine Walthers, Lake Isle Press, 2007

INGREDIENTS

SALAD

4 medium sweet potatoes, peeled and diced into 3/4-inch chunks
 2 tablespoons canola oil
 1/2 teaspoon ground coriander
 1/2 teaspoon ground cumin
 1/2 teaspoon chili powder
 1/2 teaspoon salt
 Kernels from 3 to 4 ears of corn, or 2 cups frozen kernels
 2 cups cooked black beans, rinsed and drained (canned is fine)
 3 or 4 scallions, thinly sliced
 1/2 cup chopped cilantro

CHIPOTLE-CHILE DRESSING

1 chipotle chile (from a can of chipotles in adobo)
 1 clove garlic, finely minced
 2 tablespoons Thai sweet chile sauce (such as Maesri brand)
 6 tablespoons fresh lime juice
 1/2 cup canola oil

Serves 6-8



Photograph by Alison Shaw

PREPARATION

1. Preheat oven to 375°. In a large bowl, toss sweet potato chunks with the oil to lightly coat. Sprinkle with cumin, coriander, chile powder and salt and toss again. Spread the potatoes in a single layer on a rimmed cookie sheet and roast them until golden at the edges and just tender, about 20 to 25 minutes. Meanwhile, microwave corn in a small amount of water for 3 to 5 minutes or steam for 3 to 4 minutes. Drain excess water. In a large serving bowl, combine the corn and black beans.
2. To make the dressing, in a blender container or food processor place the chipotle chile, garlic, and sweet chile sauce. Process until smooth. Add the lime juice and process again. With the machine still running, slowly add the canola oil and process dressing until it is emulsified.
3. When sweet potatoes are done, let cool slightly and add to the bowl with the corn and beans. Add scallions and cilantro, gently toss. Pour enough dressing over the salad to moisten ingredients and toss again.

VARIATIONS

This hearty dish can be:

Served chilled and piled high on top of a bed of fresh greens
 Rolled into a soft flour tortilla with fresh spinach and eaten out of hand as a "wrap"
 Layered into a flour tortilla with shredded cheese, folded and grilled until golden and eaten as a quesadilla
 Incorporated into your favorite chili recipe with the addition of tomatoes and onions

KITCHEN NOTES

The dressing can be made in large quantities and frozen in small containers for future use

Blend the dressing with canned beans for a smoky bean dip

Use dried black beans if you want to cook up an extra batch for another use. Freeze family-size portions in doubled zipper-type plastic bags

Substitute canned dice tomatoes for the sweet potatoes and you have a wicked good salsa!