

Warm Sweet Potato & Black Bean Salad

Ingredients

- 2 medium sweet potatoes, peeled and cubed
- 1 tbsp olive oil
- 1/2 tsp ground cumin
- 1/2 tsp smoked paprika
- Salt and pepper to taste
- 1 can (15 oz) black beans, rinsed and drained
- 1/4 red onion, thinly sliced
- 1/2 avocado, diced (optional)
- 1 handful fresh cilantro or parsley, chopped
- Juice of 1 lime

Instructions

1. Preheat oven to 400°F (200°C).
2. Toss the sweet potato cubes with olive oil, cumin, paprika, salt, and pepper.
3. Spread on a baking sheet and roast for 20–25 minutes, or until tender and lightly browned.
4. In a large bowl, combine the warm roasted sweet potatoes with black beans, red onion, and avocado (if using).

5. Squeeze lime juice over the salad and sprinkle with chopped herbs.
6. Gently toss and serve warm or at room temperature.

Benefits

This warm salad is rich in fiber, iron, and plant-based protein. Sweet potatoes provide beta-carotene and antioxidants; black beans offer protein and gut-friendly fiber; avocado adds healthy fats; and lime and herbs bring detoxifying freshness.