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A romantic
comedy
for adults

September 25, 2009

Roasted Sweet Potato Salad With Black Beans and Chili Dressing

Time: 45 minutes

4 medium sweet potatoes (about 1 1/2 pounds), peeled and cut into 1-inch chunks

1 large onion, preferably red, chopped

1/2 cup extra virgin olive oil

Salt and freshly ground black pepper

1 to 2 tablespoons minced fresh hot chili, like jalapeño

1 clove garlic, peeled

Juice of 2 limes

2 cups cooked black beans, drained (canned are fine)

1 red or yellow bell pepper, seeded and finely diced

1 cup chopped fresh cilantro.

1. Heat oven to 400 degrees. Put sweet potatoes and onions on a large baking sheet, drizzle with 2 tablespoons oil, toss to coat and spread out in a single layer. Sprinkle with salt and pepper. Roast, turning occasionally, until potatoes begin to brown on corners and are just tender inside, 30 to 40 minutes. Remove from oven; keep on pan until ready to mix with dressing.

2. Put chilies in a blender or mini food processor along with garlic, lime juice, remaining olive oil and a sprinkle of salt and pepper. Process until blended.

3. Put warm vegetables in a large bowl with beans and bell pepper; toss with dressing and cilantro. Taste and adjust seasoning if necessary. Serve warm or at room temperature, or refrigerate for up to a day.

Yield: 4 servings.

