

Lunch | Dinner | Side

Sweet Potato and Black Bean Salad

15 Mins
Prep Time

30-40 Mins
Cook Time

8
Servings

341 Calories **21g** Fat **34g** Carbs **8g** Protein

Ingredients

8 Servings **45-55 Mins** Total Time

Allergens: Nuts

4 Large Sweet Potatoes, peeled and cut into chunks

4 Tbsp Extra Virgin Olive Oil

2 (15oz) Cans Black Beans, drained and rinsed

1 Cup Chopped Bell Pepper, any color will work

½ Cup Chopped Red Onion

½ Cup Chopped Celery

½ Cup Chopped Fresh Cilantro, more if desired

⅔ Cup Chopped Walnuts

Dressing

4 Tbsp Extra Virgin Olive Oil ½ Tsp Ground Cumin

Zest of 1 Lime Pinch of Red Pepper Flakes

2 Limes, juiced Salt and Pepper, to taste

Allergen Swap

Nuts Replace the walnuts with sunflower seeds.



Nourishment Note



Sweet Potatoes

Sweet potatoes are a healthy source of carbohydrates to promote energy levels, which can sometimes be low from certain MS medications. They also contain nutrients to help decrease inflammation associated with multiple sclerosis.



Walnuts

Walnuts are one of the few plant-based sources of omega-3 fatty acids. These types of fats are important for heart and brain health, as well as reducing inflammation associated with multiple sclerosis.



Black Beans

Black beans contain fiber that may help lower cholesterol and promote heart health. They may also help lower inflammation associated with multiple sclerosis.



Cilantro

Cilantro is an anti-inflammatory herb and known to help relieve stomach upset and nausea, two common side effects from certain MS medications.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Roast Sweet Potatoes

Preheat the oven to 375 °F. Toss the sweet potatoes with olive oil and a pinch of salt. Roast on a baking sheet, in a single layer, for 30-40 minutes. Toss every 15 minutes. Let cool to room temperature.

3. Prepare the Dressing

While the potatoes are roasting, prepare the dressing. In a small mixing bowl, combine dressing ingredients.

4. Combine Salad

To a large mixing bowl combine black beans, bell pepper, onion, celery and cilantro. Add potatoes once cooled. Pour dressing over top and mix to combine. Sprinkle the top with walnuts.

5. Enjoy!

Enjoy at room temperature or chilled.

6. Wash Hands

Wash hands with soap and water.

Fatigue Buster

- The sweet potatoes can be peeled and chopped 1-2 days prior to cooking. They could also be roasted 1 day in advance.
- Purchase pre-chopped ingredients (walnuts, celery, onion) to help save time.
- Ask a friend or family member to help prepare this entrée if feeling fatigued or low on energy.

Recipe adapted from: bluezones.com

What You'll Need



Vegetable Peeler



Cutting Board



Knife



Can Opener



Colander



Large Baking Sheet



Cooling Rack



Oven Mitts



Large Mixing Bowl



Mixing Spoon



Spatula



Measuring Cups



Measuring Spoons



Citrus Zester