



SWEET POTATO & BLACK BEAN BOWL

Ingredients:

- 2 medium sweet potatoes, peeled and cut into 1/2-inch dice
- 1 tablespoon olive oil
- Salt and pepper, to taste
- 1 (15-ounce) can black beans, drained and rinsed
- 1 cup frozen corn, thawed
- 1 cup cherry tomatoes, halved
- 1/2 cup diced red onion
- 1/4 cup chopped fresh cilantro
- 1/4 cup crumbled feta cheese
- 2 tablespoons lime juice
- 2 tablespoons olive oil
- 1 clove garlic, minced

Instructions:

1. Preheat your oven to 425°F (220°C).
2. In a large bowl, toss the sweet potatoes with the olive oil. Season with salt and pepper.
3. Spread the sweet potatoes out on a large baking sheet. Roast in the preheated oven for 20-25 minutes, or until the sweet potatoes are tender and lightly browned.
4. Meanwhile, in a separate large bowl, mix together the black beans, corn, cherry tomatoes, red onion, and cilantro.
5. In a small bowl, whisk together the lime juice, olive oil, and garlic to make a dressing.
6. When the sweet potatoes are finished roasting, add them to the bowl with the black bean mixture. Pour the dressing over the top and toss to combine.
7. Transfer the mixture to a serving bowl and top with the crumbled feta cheese.
8. Serve the sweet potato and black bean bowl immediately, either on its own or over a bed of cooked quinoa or brown rice.

Optional additions:

- You can add some protein to the bowl by including diced grilled chicken or tofu.
- For a little bit of crunch, you can sprinkle some toasted nuts (such as almonds or pepitas) over the top of the bowl before serving.