

Toot-Free Sweet Potato and Mixed Bean Salad

1 cup dry beans (or 2 cups cooked, equal to 1 can) - choose whichever you like best- I went for a mix of black eyed peas, black beans and green lentils- 1/3 cup of each)

1 cup cucumber, cubed

1/2 red pepper, coarsely chopped

1/2 yellow pepper, coarsely chopped

1/2 onion, coarsely chopped

1 sweet potato, cut into 1/2 inch cubes

3 cloves of garlic, peeled and coarsely chopped

2 Tbs Olive Oil

1 tsp Paprika

1 Tbs Parsley flakes

1/3 cup fresh cilantro or parsley

sprouted mung beans (or sprout of choice) to garnish

Salt and pepper to taste

Dressing

1/4 cup flax oil

1/4 balsamic vinegar or apple cider vinegar

1 Tbs Dijon Mustard

1 tsp grated ginger

- Preheat oven to 400
- Toss together sweet potato, onion, garlic, olive oil, parsley flakes and paprika
- Lay out in roasting pan and place in oven, set for 30 minutes
- While sweet potato is roasting, rinse and drain beans and place in large mixing bowl and allow to cool
- Add in cucumber and red pepper
- Mix dressing in a jar
- Once sweet potato is lightly browned and soft without being mushy, allow to cool slightly and add to mixing bowl.
- Mix in fresh parsley or cilantro.
- Add dressing and toss. Sea salt and pepper to taste
- Serve immediately with sprouts on top or allow to sit in fridge to marinate.

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