

Sweet Potato, Quinoa and Black Bean Salad with Jalapeno-Lime Dressing

Prep: 25 minutes

Cook: 25 minutes

Serves: 8 small salads or 4 dinner size

Ingredients

2 pounds sweet potatoes, peeled and cut into ½-inch dice
½ teaspoon ground coriander
3 tablespoons olive oil
1 cup quinoa, white, red, black or mixed, rinsed and drained
2 cups Zoup! Good, Really Good™ Chicken Broth
1 can black beans, rinsed and drained
12 ounces baby kale (about 12 cups lightly packed)
2 small avocados, sliced
1 8-ounce jar roasted red peppers, drained and cut into strips (about 1 cup)
1/3 cup thinly sliced green onion or ½ cup thinly sliced red onion
1/3 cup toasted pepitas (green pumpkin seeds)

For the Dressing:

1 small jalapeno pepper, seeded and finely minced
2 limes, zested and juiced
2 cloves garlic, finely minced
½ teaspoon ground coriander
½ teaspoon ground cumin
½ teaspoon Kosher salt
¼ cup olive oil
¼ cup Greek yogurt
½ cup cilantro leaves, chopped

Directions

For the dressing, in a small bowl, combine jalapeno, zest and juice of limes, garlic, spices and salt and whisk in oil followed by yogurt. Stir in cilantro and refrigerate until needed. In medium saucepot over medium-high heat, bring quinoa and broth to boil. Reduce to simmer and cook, covered, for 15 minutes or until tender and liquid has been absorbed. Remove from heat and reserve, refrigerated. Dressing and quinoa can be prepared up to one day in advance.

Preheat oven to 425°F. In bowl, toss sweet potatoes with coriander and oil and place on lightly sprayed or oiled rimmed baking pan, sprinkling with salt if desired. Roast in oven for 20-25 minutes or until tender and edges are lightly browned. Hold at room temperature until serving.

In large bowl, combine quinoa, black beans and baby kale, tossing with enough dressing to lightly coat greens. Top salad with sweet potatoes, avocado, peppers and pepitas and serve immediately.

Chef's Tip: Top your salad with grilled chicken, salmon or shrimp to make a hearty meal!