

# Sweet Potato and Black Bean Mexican Salad

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-mexican-salad-with-avocado-dressing>

## Ingredients:

- 2 sweet potatoes large, peeled and chopped
- 1 tablespoon olive oil
- salt
- pepper
- romaine lettuce chopped
- 1 black beans 15 oz, rinsed and drained
- 1 large tomato chopped
- 1 cup corn fresh, frozen, or canned-rinsed and drained
- 1 avocado large, sliced
- 1 cup purple cabbage chopped
- 1/2 cup chopped cilantro
- 1/4 cup green onion chopped
- limes for juicing over salad
- salsa or pico de gallo, if desired
- avocado dressing Creamy, if desired

## Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 42 grams
3. Fat: 15 grams
4. Fiber: 13 grams
5. Protein: 8 grams
6. SaturatedFat: 2 grams
7. Sodium: 460 milligrams
8. Sugar: 8 grams

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