



MAY
2016

Black Bean & Sweet Potato Bake

with Feta, Jalapeño, and Tomato Salad

Nutrient-packed black beans and sweet potato make for a hearty Mexican-inspired skillet bake. A few minutes under the broiler melts the feta just enough to make it creamy and delicious.



Prep: 10 min
Total: 30 min



level 1



veggie



gluten
free



nut
free



Sweet Potato



Cilantro



Jalapeño



Scallions



Red Onion



Grape Tomatoes



Smoked Paprika



Feta Cheese




Black Beans



Lime

Ingredients

	2 People	4 People
Sweet Potato	12 oz	24 oz
Cilantro	¼ oz	½ oz
Jalapeño 	1	2
Scallions	2	4
Red Onion	1	2
Grape Tomatoes	4 oz	8 oz
Smoked Paprika	1 t	2 t
Black Beans	1 Box	2 Boxes
Lime	1	2
Feta Cheese	1) ½ Cup	1 Cup
Oil*	1 T	2 T

*Not Included

Allergens

1) Milk

Tools

Baking sheet, Strainer,
Large ovenproof pan,
Medium bowl

Ruler

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Nutrition per person Calories: 551 cal | Fat: 15 g | Sat. Fat: 5 g | Protein: 27 g | Carbs: 74 g | Sugar: 12 g | Sodium: 567 mg | Fiber: 27 g

1



1 Roast the potatoes: Wash and dry all produce. Preheat the oven to 450 degrees. Cut the **sweet potato** into ½-inch cubes. Toss the sweet potatoes on a baking sheet with a drizzle of **oil** and a pinch of **salt** and **pepper**. Place in the oven for about 25 minutes, tossing halfway through cooking, until golden brown.

2



2 Prep: Trim the ends of the **scallions**, then thinly slice, keeping the **greens** and **whites** separate. Halve, peel, and finely chop the **onion**. Quarter the **tomatoes**. Roughly chop the **cilantro**. Finely chop the **jalapeño**, removing the ribs and seeds if you prefer less heat. Drain and rinse the **beans**. Halve the **lime**.

4



3 Cook the aromatics: Heat a drizzle of **oil** in a large ovenproof pan over medium heat. Set aside **1 Tablespoon red onion** for later, then add the remaining **red onion** to the pan and cook, tossing for 4-5 minutes, until softened. Add the **paprika** and cook for 30 seconds, until fragrant. Season with **salt** and **pepper**.

5



4 Cook the black beans: Add the **beans** and as much **jalapeño** as you like to the pan. Cook, tossing for 2-3 minutes. Season with **salt** and **pepper** and remove the pan from the heat. Stir **¾ of the cilantro**, **1 teaspoon scallion whites**, and a squeeze of **lime juice** into the pan. **TIP:** You can add more scallion whites to the pan if you like the flavor!

5 Broil: Once the **potatoes** are done, remove them from the oven and heat the broiler to high or the oven to 500 degrees. Toss the potatoes into the **bean mixture** and sprinkle with **half the feta**. Place the pan under the broiler for about 3 minutes, until the feta is melted. If you don't have an ovenproof pan, transfer to a baking dish.

6 Finish and serve: In a medium bowl, toss the **tomatoes** with the **reserved red onion**, **cilantro**, **feta**, a drizzle of **oil**, and a squeeze of **lime juice**. Season with **salt** and **pepper**. Serve the **black bean** and **sweet potato bake** with the **feta, jalapeno, and tomato salad** alongside. Garnish with **scallion greens** and enjoy!

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