Peruvian Sweet Potato and Black Bean Salad

Whether you're tailgating or hosting a backyard barbecue, [opt for these fresh, healthful renditions of popular game-time fare](http://www.foodandnutrition.org/May-June-2014/Tailgating-Classics-Get-Healthy-Updates/). **BY**[**OLENA GUDZ DANKO, MS, RD, LD**](http://www.foodandnutrition.org/Olena-Gudz-Danko/)

**Ingredients**

1½ pounds red sweet potatoes, peeled and cut into ½-inch cubes  
2 teaspoons olive oil  
1 cup canned black beans, rinsed, drained  
1 cup frozen yellow corn, thawed  
½ cup yellow onion, diced  
½ teaspoon ground cumin  
1 tablespoon lime zest  
½ teaspoon kosher salt  
¼ teaspoon black pepper  
¼ cup fresh cilantro leaves, chopped  
2 tablespoons fresh lime juice   
1 tablespoon plain nonfat Greek yogurt  
1 tablespoon light mayonnaise  
1 tablespoon honey

**Directions** PHOTO: TYLLIE BARBOSA

1. Preheat oven to 400°F.
2. Toss cubed sweet potatoes with the olive oil and place on a lined baking sheet.
3. Roast potatoes for 20 minutes, stirring occasionally until potatoes are fork-tender, but not browned. Set aside to cool.
4. In a medium bowl, combine the beans, corn, onion, cumin, lime zest, salt, pepper and cilantro. Add the cooled sweet potatoes and gently stir to combine.
5. In a small bowl, whisk together the lime juice, yogurt, mayonnaise and honey. Pour the dressing over the salad and stir until evenly combined.
6. This salad is best if consumed the same day it is made.

**Nutrition Information**

Serves 8 as a side, 4 as a main course. (Serving size : 5 ounces)

Calories 123; Total fat 2g; Sat. fat 0g; Chol. 1mg; Sodium 154mg; Carb. 24g; Fiber 4g; Sugars 7g; Protein 4g; Potassium 306mg; Phosphorous 71mg

*Olena Gudz Danko, MS, RD, LD, is a culinary nutrition consultant and owner of [Olena Nutrition, LLC](http://www.olenanutrition.com/" \t "_blank), and a formally-trained pastry chef. She emphasizes an integrative approach to health and nutrition while enjoying delicious foods. Follow her on*[*Facebook*](http://www.facebook.com/OlenaNutrition)*and*[*Twitter*](http://twitter.com/Hungry4Nutr)*.*