



# three bean sweet potato quinoa salad

TIME SERVINGS COST

## INGREDIENTS

### Salad

- 1 large sweet potato
- 1 cup quinoa
- 1 can black beans
- 1 can garbanzo beans
- 1 can white beans
- 2 cups kale, fresh
- 1 onion
- 1 avocado
- 1 cup cilantro

### Dressing

- 4 tbsp olive oil
- 3 tbsp lime juice
- 1 tsp garlic powder
- 1/4 tsp cumin
- 1/4 tsp paprika
- salt and pepper to taste

## PROCEDURE

1. Bake sweet potato in the oven wrapped in foil at 425 for 45-50 minutes or in the microwave for 5 minutes
2. Cook quinoa according to package instructions
3. Place kale in a skillet with a bit of olive oil and sauté on medium heat for about 6 minutes
4. Combine olive oil, lime juice, garlic powder, cumin, paprika, salt, and pepper in a small container and whisk
5. Drain and rinse all beans. Place in a large bowl. Add quinoa and kale. Dice the onion and avocado and add to the bowl. Finely chop the cilantro and add to the bowl. Once the potato is done carefully remove and let cool, dice, and then add to the bowl as well
6. Add dressing and enjoy!



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