



Bean and Sweet Potato Salad

Ingredients

- 1 can kidney beans
- 1 can black beans
- 1 can whole kernel corn
- Handful chopped cilantro
- 1 large sweet potato, baked and cubed
- 1 tsp garlic salt
- 1 tbsp olive oil

Directions

1. Pan fry sweet potato in olive oil and set aside to cool.
2. Drain and rinse kidney beans, black beans, and corn and add to a large bowl.
3. Add garlic salt, cilantro, and cooled sweet potato to the bowl of beans and stir.
4. Enjoy as is or use as a side dish.

Nutrition Facts

Per serving, recipe makes 3

Calories 357

Fat 7 g

Carbs 63 g

Protein 20 g