This colorful salad recipe is the perfect tasty side for grill outs!

Grilled Sweet Potato Salad

Yields: 6 servings

Ingredients:

- 2 lbs. sweet potatoes
- 1 can black beans, rinsed and drained
- 1 red pepper, diced
- ¼ cup cilantro, finely chopped

Roasted Jalapeno Dressing

- 2 jalapenos
- 2 large slices red onion
- 2 limes, juiced
- ½ tsp. red chili flakes
- ¼ tsp. cumin
- ½ tsp. oregano
- 1 tsp. maple syrup
- 4 T. olive oil

Directions:

1. Preheat grill or grill pan to medium-high heat.
2. Place the potatoes in a large pot and cover with water. Bring to a boil, reduce to a simmer and cook until just tender, about 15-20 minutes.
3. Drain potatoes and let cool. The skins should slip off but if not, gently slice them off.
4. Cut into 1" thick slices and brush with 1 teaspoon olive oil.
5. Place on the grill and cook for 2-3 minutes per side. Remove and cut into large dice. Set aside.
6. To make dressing, brush onion slices and jalapenos with ½ tsp. olive oil. Place on grill and cook for 5 minutes, until skin is blistered. Remove from grill, let cool slightly, and rub off jalapeno skins and seeds. Finely dice the jalapeno and red onion in a separate bowl. Add in the rest of the ingredients: lime juice, chili flakes, cumin, oregano, maple syrup. Drizzle in the olive oil and season with salt and pepper.
7. Add the red pepper, black beans, and cilantro in the sweet potato bowl. Gently toss with dressing. Cover and let stand for at least 30 minutes. Serve and enjoy!

Nutrition Info Per Serving: Calories 238; Fat 9.7g; Protein 4.6 g; Carbohydrate 36.3 g; Fiber 6 g; Sodium 120 mg.

*June 17th is **"Eat All Your Vegetables Day"**! By including a rainbow of vegetables on our plates we can get a variety of vitamins and minerals in our diets. Adults should aim for 2 ½ cups of veggies daily and children should have 1 to 2 cups of veggies included in their meals and snacks every day. In the summer months many fresh vegetables are in season, making them more affordable and taste even better. Also, garden-fresh veggies are available in later summer months. Frozen and canned vegetables are a great option for longer storage life and can be added to many recipes including casseroles, omelets, soups, salads, and more! For a quick and easy way to add vegetables to your meals, steam fresh or frozen veggies such as carrots, broccoli or cauliflower in a bowl with a little water in the microwave. Add a little olive oil and seasoning and enjoy!*