



Heart & Home
Wellness Table Series



**Ronald McDonald
House Charities®**
Central Ohio

Chili Roasted Sweet Potato + Black Bean Quinoa Salad

This hearty, flavor-packed salad is a vibrant mix of roasted sweet potatoes, black beans, and protein-rich quinoa, all tossed in a zesty cilantro-avocado dressing. Full of nourishing ingredients and bold southwest flavor, it's a delicious way to fuel your day.

Active Time: 25 Mins | Total Time: 30 mins | Servings: 4



NUTRITION NOTES

- Packed with fiber, beta-carotene, and vitamin C, **sweet potatoes** help support immunity, healthy skin, and steady energy. Their anti-inflammatory and gut-friendly benefits make them a smart, wholesome choice.
- Rich in plant-based protein, **black beans** also offer fiber, iron, and folate—great for heart health, digestion, and feeling full longer. They help balance blood sugar and boost energy naturally.
- A complete protein, **quinoa** is full of fiber, iron, and magnesium. This gluten-free grain supports muscle repair, steady energy, and overall wellness—making it a superfood in every sense.
- A splash of **lime juice** adds brightness and a healthy dose of vitamin C, which helps boost immunity and absorb iron from plant-based foods. It's a simple way to elevate both flavor and nutrition.

Chili Roasted Sweet Potato + Black Bean Quinoa Salad

Printing
Courtesy of:



INGREDIENTS

For the Salad:

- 1 large sweet potato
- 115 oz can black beans
- 3 cups cooked quinoa made from 1 cup dry
- 1 tablespoon coconut oil
- 2 teaspoons chili powder
- Juice of 1 lime
- Salt + pepper
- Lettuce/greens to serve
- 1 batch Cilantro-Avocado Dressing

For the Dressing:

- 1 avocado
- 1/2 cup cashews
- 1/2 cup cilantro
- 1/2 - 3/4 cup water
- Juice of 2 limes
- 1 teaspoon chili powder
- 1/4 - 1/2 teaspoon cayenne optional
- Salt + pepper to taste

INSTRUCTIONS

1. Preheat the oven to 425°F. Peel and chop the sweet potatoes into bite-sized pieces. Toss with melted coconut oil, chili powder, salt, and pepper. Roast for 20–25 minutes, stirring halfway through, until tender.
2. While the sweet potatoes roast, rinse and drain the black beans. Add them to a large bowl with the cooked quinoa and set aside.
3. Blend all dressing ingredients until smooth and creamy, starting with less water and adding more as needed to reach a drizzable consistency.
4. Let the roasted sweet potatoes cool for 5 minutes, then add to the quinoa and black beans. Squeeze lime juice over the top and stir to combine. Divide lettuce into 4 bowls, top with the sweet potato mixture, and drizzle with dressing. Enjoy as-is or toss everything together.

Nutrition Profile: Gut Healthy | Anti-Inflammatory | Mediterranean Diet | Nut-Free | Dairy-Free | Omega-3 | Soy-Free | High-Fiber | Heart-Healthy | High-Protein | Egg-Free | Low-Calorie

NUTRITION FACTS *(per serving)*

Servings Per Recipe: 4 | 1¾ cups per serving | Calories: 539

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| • Total Carbohydrate - 69g | • Sodium - 612mg | • Vitamin C - 21.2mg |
| • Protein - 17g | • Potassium - 1099mg | • Calcium - 97mg |
| • Fat - 23g | • Fiber - 17g | • Iron - 6.1mg |
| • Saturated Fat - 6g | • Sugar - 6g | |
| • Cholesterol - 2mg | • Vitamin A - 5280IU | |

**Nutrition information provided directly by Simply Quinoa and reflects values listed at the time of publication. Recipe sourced from: www.simplyquinoa.com*