



## CATHI DICOCCO'S VARIATIONS FOR MEXICAN SWEET POTATO AND BLACK BEAN SALAD

This hearty dish can be:

- Served chilled and mounded on a bed of fresh greens
- Rolled into a soft flour tortilla with fresh spinach to make it a wrap
- Layered onto a flour tortilla with shredded cheese, then folded and grilled until golden to make it a quesadilla
- Incorporated into your favorite chili recipe, with added tomatoes and onions

Cathi's Kitchen Notes:

- The dressing can be made in large quantities and frozen in small containers for future use
- Blend the dressing with canned beans to make a smoky bean dip
- Use dried black beans if you want to cook up an extra batch for another use. Freeze family-size portions in doubled zipper-type plastic bags
- Substitute canned diced tomatoes for the sweet potatoes, and it's a wicked good salsa!