



TAIT FARM FOODS

SALAD SABINE

(SPICY BLACK BEAN & SWEET POTATO SALAD)

2 C. cooked black beans, rinsed & drained
1 large carrot, coarsely chopped
1/2 C. diced red sweet pepper
1/2 C. sliced scallions
1 medium sweet potato, cut into 1/2" cubes & steamed
until tender

Dressing:

3 Tbs. Ginger Shrub
3 Tbs. canola oil
1/8 tsp. freshly ground black pepper
2 tsp. ground cumin
2 tsp. ground coriander seed
1/2 tsp. salt
1/8 tsp. cayenne pepper
1 clove garlic, minced

- ~ Mix dressing ingredients, gently fold into vegetables.
- ~ Chill one hour before serving.
- ~ Garnish with fresh cilantro.
- ~ Serves 6.

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