

## Southwest Sweet Potato Noodle Salad

I love sweet potatoes, and eat them all the time, in every way possible. Baked, roasted, French fried, in casseroles, and in pie. I didn't think there were other ways to eat them, until I saw some sweet potato noodles at Whole Foods.

Now, I know about veggie noodles, and though I don't have a spiralizer, I've made them plenty of times, mostly out of zucchini. But sweet potatoes? I was intrigued, so I picked some up, and came up with this super delicious salad with a zippy avocado oil chili dressing.

I knew right away that this would be a bit different from zucchini noodles, as sweet potatoes are much harder, so I decided to cook them. The hardest part is figuring out when they are done, because you don't want them crunchy, but it's easy to turn them into mush. A large enough pan and tasting as you go should help, but it may require some experimentation.

Once the noodles are cooked, the salad is as easy as tossing everything together in a large bowl. I roasted my corn in a dry skillet first, but you can certainly skip that step for a faster meal. I ate this salad as is for a light lunch, but you can easily add protein for a full meal. Some spicy grilled chicken or roasted shrimp would go nicely, but anything you would eat with sweet potatoes will probably work here.

Regarding spiralizers, I don't have a tool dedicated to spiralizing vegetables, but I've used a julienne peeler with much success making zucchini noodles in the past. A spiralizer isn't something I've bought just because I'm not sure how often I'd use it, and the Whole Foods near me sells a variety of different spiralized veggies if you want to try a recipe like this one before making a commitment. If noodles aren't an option for you at this point, you can make this recipe with roasted sweet potatoes, and you'll get all the same flavor profiles.

Ingredients:

Dressing:

1/4 cup Ava Jane's Kitchen extra-virgin avocado oil  
1 chili pepper in adobo sauce, finely chopped  
1 clove garlic, minced  
Juice of 1 lime  
1 teaspoon ground cumin  
1 tablespoon honey  
1/2 teaspoon sea salt

Salad:

1/2 cup corn kernels

2 tablespoons Ava Jane's Kitchen extra-virgin avocado oil  
1 pound sweet potato noodles  
1 cup cooked black beans  
1 small bunch cilantro, chopped

Directions:

Put all of the dressing ingredients in a jar and shake well. Taste and adjust to your personal taste.

Heat a large skillet over medium heat and add the corn to the skillet. Dry roast until browned and toasty, and remove from the pan. Add to a large bowl. Alternatively, you can skip this step.

Add the oil to the pan and add the sweet potato noodles. Stir and cook for 4-5 minutes, until noodles are still somewhat firm, but not mushy. Taste to see if the texture is right for you. When it is, remove from the pan immediately and add to the bowl with the corn.

Add the remaining salad ingredients to the pan and then toss with the dressing if you want to serve warm. To serve cold, pop the salad in the fridge until chilled, then toss with the dressing before serving.