

Sweet Potato Cakes with Kale and Bean Salad

Saleha · 05/11/2021



Prep Time

35 minutes

Difficulty

Easy

Servings

4

Description

These hearty cakes will become your new favorite lunch.

Ingredients

- 3 sweet potatoes, peeled and shredded
- 2 green onions, thinly sliced
- 1/4 tsp. salt
- 1/4 tsp. Pepper
- 1/4 c. light mayonnaise
- 2 tbsp. lime juice
- 1 tbsp. soy sauce
- 5 oz. baby kale
- 2 14 oz. cans no-salt-added black beans, rinsed and drained
- 2 c. shelled frozen edamame

Instructions

1. Preheat oven to 450 degrees F. Spray cookie sheet with cooking spray.
2. In large bowl, toss sweet potatoes, green onions, and salt and pepper. With 1/4 measuring cup, scoop packed sweet potatoes onto pan to form 12 mounds, 2 inches apart. Flatten slightly. Spray tops with cooking spray. Bake 25 minutes or until browned at edges.
3. In large bowl, whisk mayonnaise, lime juice, and soy sauce. When cakes are cooked, add baby kale, black beans, and edamame to dressing. Toss until coated.
4. Serve cakes over salad.