

# Packable Lunches III: Black Bean Salad

While in Germany last month I searched for recipes to prepare for my omnivore relatives. Looking for something hearty and with a taste of the southwest, I came across this salad by Deliciously Ella. I love her recipes and since she has yet to let me down I gave it a test spin for a family gathering. I'm proud to say it received rave reviews.



At the time I immediately thought that this would make a fantastic packable lunch. The colors are super appealing, it

smells divine, and the taste is awesome. The fact that it received another thumbs-up the next day, after all the flavors had blended, made it a sure winner for this series. While the original recipe calls for sweet potatoes, I prepared it the first time with butternut squash as the price of sweet potatoes in Germany was outrageous. I honestly think you will find it equally delightful either way.



### **Ingredients:**

1 cup black beans, cooked and drained  
1/2 cup cilantro, leaves separated and coarsely chopped  
1 clove garlic or shallot  
1 lime, juice and zest  
1 small red onion  
1 lb sweet potatoes or medium sized butternut squash  
1/2 tsp chili powder  
1/4 tsp salt  
3 tbsp olive oil  
Nuts & Seeds  
1/4 cup pepitas

[Full Instructions Here](#)

I hope you enjoy this as much as my family did!