

**Sweet Potato and Black Beans** (from Worlds Healthiest Foods) **(Good on days 1, 2, 3, 4, 9, 10)**

Serves 2

**2 medium sweet potatoes**

**3 tablespoons extra virgin olive oil**

**2 medium garlic cloves**

**Sea salt and pepper to taste**

**1 15-ounce can black beans**

**1 teaspoon cumin**

1. Fill the bottom of the steamer with 2 inches of water.
2. While steam is building up, chop or press garlic and let sit for five minutes.
3. Cut sweet potatoes into ½-inch cubes.
4. Steam for 7 minutes.
5. Drain and rinse black beans.
6. Transfer sweet potatoes to bowl; add olive oil, garlic, black beans, cumin, salt and pepper to taste.