

# Homegrown Favourites

We're sharing some of our own personal favourite recipes fresh from the kitchens of RBG staff and volunteers. Bon appétit!



VEGAN  
GLUTEN-FREE

## Summer Harvest Salad

### INGREDIENTS

½ cup black beans (dried or canned)  
4 sweet potatoes (peeled and chopped into ½" squares)  
1 tsp. ground cumin  
Salt and pepper (to taste)  
2 ears of corn  
Olive oil  
10 medium to large kale leaves  
Cilantro (optional garnish)  
Juice of ½ a lime (optional)

### DIRECTIONS:

1. If using dried black beans, soak overnight. Drain, rinse, and cook once ready to prepare remainder of recipe. If using canned beans, drain and rinse well.
2. Pre-heat oven to 400 °F.
3. Lay sweet potato cubes in a single layer on a baking sheet. Drizzle with olive oil, cumin, and salt and pepper. Roast for 35–40 minutes or until potatoes are softened.
4. While sweet potatoes are cooking, peel corn and slice off kernels. Add to a skillet with a drizzle of olive oil. Cook on medium–low heat until slightly browned. Remove and set aside.
5. Remove bottom stems of kale leaves and cut leaves into bite-sized pieces. Massage gently with a small amount of salt and olive oil for about 3 minutes.
6. Place kale in bowl and add sweet potatoes, black beans, and corn. Garnish with optional cilantro and lime juice.

From the kitchen of:  
Charlotte

*I love this recipe. In the garden, the beans can climb the corn, and the shade provided by the sweet potatoes helps suppress weeds. Supplemented with the kale, cumin, and cilantro you have a delicious dish that looks great growing in the garden and on your plate.*



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