



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Sweet Potato Nachos

Ingredients

- 3 medium sweet potatoes (about 2 pounds), makes about 6 cups of rounds
- 1 Tbsp. olive oil
- 1 tsp. chili powder
- 1 tsp. garlic powder
- 1 1/2 tsp. paprika
- 1/3 cup canned black beans, drained, rinsed
- 1/3 cup reduced-fat shredded Cheddar cheese
- 1/3 cup chopped tomato
- 1/3 cup chopped avocado

Directions

1. Preheat the oven to 425°F. Coat 1-2 baking pans with nonstick cooking spray.
2. Peel and slice the sweet potatoes thinly (about quarter-inch rounds). In a bowl, toss the rounds with olive oil, chili powder, garlic powder and paprika. Spread evenly on prepared pan (might need two pans). Bake for 10 minutes and use a spatula to flip the sweet potato rounds. Bake for another 5-10 minutes or until crisp.
3. Remove the pan from the oven and sprinkle beans and cheese over the sweet potatoes. Return to oven until cheese melts, about 2 minutes. Sprinkle with tomato and avocado. Serve.

Serves 6

209 calories, 6 g fat, 2 g saturated fat, 34 g carbohydrate, 6 g fiber, 6 g protein, 194 mg sodium

Source: American Heart Association

