



SWEET POTATO TACO'S

These simple chili-spiced avocado sweet potato tacos, topped with creamy avocado-yogurt lime sauce, make a delicious vegetarian dinner

 10 minutes

 30 minutes

 3 portions

INGREDIENTS

- 1 cup, cubes of sweet potato, raw, unprepared [133 g]
- 1 tablespoon of oil, olive, salad or cooking [14 g]
- 1 tsp of spices, chili powder [3 g]
- 1 cup of beans, black, mature seeds, canned, low sodium [240 g]
- 3 tortillas of tortillas, ready-to-bake or -fry, whole wheat [123 g]
- 1/4 cup of coriander (cilantro) leaves, raw [4 g]
- 1/2 cup, chopped of onions, spring or scallions (includes tops and bulb), raw [50 g]
- 1 fruit, without skin and seed of avocados, raw, California [136 g]
- 1 container of yogurt, Greek, plain, nonfat [170 g]
- 1 unit [2" dia] of limes, raw [67 g]

COOKING METHOD

- 1° Preheat oven to 400° F and line a large baking sheet with parchment paper. Toss the sweet potatoes with olive oil, chili powder, salt and pepper, and spread onto the baking sheet. Roast for 20 minutes, or until golden brown. In a small food processor, combine the yogurt, avocado, garlic, lime juice, and a few generous pinches of salt and pepper. Pulse until smooth. Taste and adjust seasonings. Chill until ready to use. Assemble the tacos with a scoop of the sauce, the roasted sweet potatoes, black beans, and desired toppings. Season with salt, pepper, and squeezes of lime.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [313 g]	% DRI
ENERGY	128 kcal	402 kcal	20 %
FAT	5 g	16 g	25 %
FATTY ACIDS, TOTAL SATURATED	1 g	4 g	19 %
CHOLESTEROL	1 mg	3 mg	1 %
SODIUM	141 mg	441 mg	18 %
CARBOHYDRATE	16 g	51 g	17 %
SUGARS	2 g	6 g	—
FIBER	5 g	15 g	61 %
PROTEIN	5 g	17 g	—