

BLACK BEAN AND SWEET POTATO TACOS

Black Bean and Sweet Potato Tacos

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 2 (Serving= 2 tacos)

Nutrition (per serving)

Calories: 380

Total Carbohydrate: 53

Total Fat: 14 g

Dietary Fiber: 9 g

Saturated Fat: 3 g

Protein: 11 g

Sodium: 283 mg

Ingredients

- 1 ½ Tablespoons canola oil
- ¾ cup chopped onion
- 1 cup diced sweet potato
- ½ cup drained and rinsed black beans
- ½ teaspoon ground cumin
- ½ teaspoon brown sugar
- ¼ teaspoon ground cinnamon
- 4 corn tortillas
- 1/3 cup shredded part-skim mozzarella cheese



OSF
HEALTHCARE

Directions

1. In a medium skillet, sauté onion and sweet potato in oil on medium-high until fork tender (about 6-8 minutes).
2. Add beans and seasonings and cook an additional 2-3 minutes.
3. Warm tortillas in skillet or microwave, sprinkle cheese down the middle and top with a spoonful of sweet potato and bean mixture.