



Sweet Potato, Black Bean, and Corn Tacos

Ingredients:

1 1/2 lbs. sweet potatoes (about 3 large),
diced into 1/2-inch cubes
4 Tbsp. olive oil, divided
1 tsp cumin
1 small yellow onion, diced
1 clove garlic, minced

1 (14.5 oz) can black beans, rinsed and
drained

1 cup frozen corn, thawed

1 Tbsp. honey

3 Tbsp. lime juice

Whole wheat tortillas

Optional toppings: Romaine lettuce, purple
cabbage, feta cheese, avocados, salsa

DIRECTIONS

Preheat oven to 425 degrees. Place sweet potatoes on baking sheet. Drizzle with 3 Tbsp. olive oil, sprinkle with cumin, and toss to evenly coat. Bake in preheated oven 15 - 20 minutes until tender, removing from oven and tossing once halfway through baking. Meanwhile, in a large skillet, heat remaining 1 Tbsp. olive oil over medium-high heat. Once hot add onion and sauté until caramelized (golden brown on edges and tender), about 5 - 6 minutes, adding in garlic during last 30 seconds of sautéing. Reduce heat to medium-low, and add in drained black beans, corn, honey and lime juice. Heat until warmed through. Toss in roasted sweet potatoes. Serve over tortillas with desired toppings.

Adapted from: www.cookingclassy.com



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Nutrition Facts	
Serving Size: (139g)	
Servings Per Container: 10	
Amount Per Serving	
Calories 170	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 26g	9%
Dietary Fiber 5g	20%
Sugars 5g	
Protein 4g	
Vitamin A 190%	• Vitamin C 8%
Calcium 4%	• Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.