

Cooking with the DIETITIANS

SWEET POTATO & BLACK BEAN TACOS

Time: 30 minutes / Servings: 8

INGREDIENTS

1 T. olive oil
2 cloves garlic, minced
2 tsp. paprika
½ tsp cumin
1 medium red onion, diced
2 medium sweet potatoes, cut into ½-inch cubes
1 (15oz) can black beans, drained, and rinsed
1 lime
½ tsp pepper
8 (6-inch) whole wheat tortillas
8oz plain, fat-free Greek yogurt
Bag of mixed greens



DIRECTIONS

1. Heat oil in saucepan over medium heat. Add onions and cook for 1 min. Add paprika, cumin, pepper, and garlic and stir. Cook for 2-3 min, until onion starts to soften.
2. Add sweet potato and cover. Cook for about 15 minutes, or until tender, stirring occasionally
3. Add black beans and lime juice and cook until heated
4. Assemble tacos: spoon cooked sweet potato mixture into tortilla, top with yogurt and greens. Squeeze lime wedge over top.

NUTRITION FACTS (PER SERVING):

Calories: 211, Total Fat: 3g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 195mg, Carbohydrates: 38g, Fiber: 7g, Protein: 10g, Vitamin A: 110%, Vitamin C: 18%, Calcium: 8%, Iron: 12%

A collaboration with USF Dining