

Snack | Lunch | Dinner

# Roasted Sweet Potato and Black Bean Nachos

**20 Mins**  
Prep Time

**30 Mins**  
Cook Time

**6**  
Servings

**740** Calories   **24g** Fat   **95g** Carbs   **18g** Protein



## Ingredients

**6** Servings   **50 Mins** Total Time   **Allergens:** Gluten, Corn

### Roasted Sweet Potatoes

**2 lbs** Sweet Potatoes, peeled and diced into 1-inch cubes

**2 Tbsp** Extra Virgin Olive Oil   **Salt\*** and Pepper, to taste

### Spicy Black Beans

**1 Tbsp** Extra Virgin Olive Oil   **1** Onion, diced

**2 Tsp** Ground Cumin   **1/3 Cup** Water

**1/4 Tsp** Chili Powder (use less, or omit if suffer from heartburn)   **2 Cans** Low-Sodium Black Beans, drained & rinsed

**1 Tsp** Lime Juice   **Salt\*** and Pepper, to taste

### Avocado-Pepita Topping

**2** Avocados, pitted & peeled   **1 Cup** Cilantro, lightly packed

**1/2 Cup** Pepitas (shelled pumpkin seeds), toasted

**1/4 Tsp** Red Pepper Flakes (use less, or omit if suffer from heartburn)

**1** Lime, juiced   **2 Tbsp** Water

**Salt\*** and Pepper, to taste

### Additional Ingredients

**1 Bag** Low-Sodium Tortilla Chips

*\*Monitor salt intake per doctor's recommendations*

### Nourishment Note



#### Sweet Potatoes

Sweet potatoes are high in fiber and may help improve gut health and reduce the risk of heart disease. They're also a great source of potassium, which is important for blood pressure control.



#### Black Beans

Black beans contain a type of fiber important to helping lower cholesterol levels, reducing the risk of heart disease. Black beans may also help lower inflammation in the body.



#### Pepitas

Pepitas are a certain type of pumpkin seed. Pepitas contain high amounts of zinc, iron, magnesium, and antioxidants, all important to improving energy levels, mood, and maintaining heart health.

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Roast Sweet Potatoes

Preheat the oven to 425 °F. Toss sweet potatoes with olive oil, salt, and pepper on a baking sheet. Arrange in a single layer and roast for approximately 30 minutes, tossing halfway, until the sweet potatoes are tender.

### 3. Prepare Beans

While sweet potatoes are roasting prepare the beans. Heat olive oil in a saucepan. Add the onions and cook, stirring frequently, until translucent, about 3-4 minutes. Add the cumin and chili powder and cook for about 30 seconds. Add the black beans and water and stir. Cover and reduce heat to maintain a gentle simmer.

### 4. Mash Beans & Add Seasonings

Remove the lid of the saucepan and mash at least half the beans with a fork. Add the lime juice, salt, and pepper, to taste.

### 5. Process Avocado & Seasonings

In a food processor, add the avocado, cilantro, toasted pepitas, red pepper flake, lime juice, water, salt, and pepper. Process until smooth.

### 6. Assemble Nachos & Serve

To assemble the nachos, add tortilla chips to a plate. Top with roasted sweet potatoes, spicy black beans, and finish with a scoop of avocado pepita topping. Enjoy!

### 7. Wash Hands

Wash hands with soap and water.

Recipe adapted from [cookieandkate.com](https://www.cookieandkate.com)

## What You'll Need



Cutting Board



Vegetable Peeler



Knife



Baking Sheet



Measuring Spoons



Measuring Cups



Saucepan



Spoon



Fork



Food Processor

### Fatigue Buster

- Sweet Potatoes: Purchase peeled, diced sweet potatoes.
- Onion: Pulse onion in a mini food processor to chop.
- Lime: Purchase pre-squeezed lime juice.
- Pepitas: Purchase toasted pepitas instead of raw.

### Allergen Swap

**Gluten** Substitute for gluten-free tortilla chips

**Corn** Substitute for whole-grain tortilla chips