

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