

Monthly Recipe: Sweet Potato Nachos



Ingredients

3 medium sweet potatoes (about 2 pounds), makes about 6 cups of rounds
1 Tbsp. olive oil
1 tsp. chili powder
1 tsp. garlic powder
1 1/2 tsp. paprika
1/3 cup black beans
1/3 cup reduced-fat shredded Cheddar cheese
1/3 cup chopped tomato (1 plum tomato)
1/3 cup no-salt-added, canned, diced tomatoes
1/3 cup chopped avocado

Directions

1. Preheat the oven to 425°F. Cover the baking pans with foil and coat with nonstick cooking spray.
2. Peel and slice the sweet potatoes thinly (about quarter-inch rounds). In a bowl, toss the rounds with olive oil, chili powder, garlic powder and paprika. Spread evenly on prepared pan (might need two pans). Bake for 10 minutes and use a spatula to flip the sweet potato rounds. Bake for another 5-10 minutes or until crisp.
3. Remove the pan from the oven and sprinkle beans and cheese over the sweet potatoes. Return to oven until cheese melts, about 2 minutes. Sprinkle with tomato and avocado. Serve.

Calories: 209; Sodium: 194 mg; \$1.56 per serving

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