

Sweet Potato Burritos

Makes 6 servings



INGREDIENTS

- 2 sweet potatoes (peeled and cubed)(about 3 cups)
- 1/4 cup salsa
- 1 tablespoon oil (canola, olive, or vegetable)
- 1 onion, diced (about 1 cup)
- 1 can (15 ounces) black beans (drained and rinsed)
- 6 (8 inch) whole wheat tortillas
- 3/4 cup shredded cheese (cheddar, Colby, pepper jack)

INSTRUCTIONS

1. Put sweet potatoes in a medium sized saucepan. Cover with water and cover with a lid. Heat over high until boiling. Reduce heat to low. Simmer for 10 minutes or until sweet potatoes are tender.
2. Drain water from sweet potatoes and place in a medium bowl. Add salsa and mash sweet potatoes with a fork.
3. Add oil to the saucepan and heat over medium. Add diced onion and saute for 3 minutes. Add black beans and heat for 3 minutes more.
4. Stir sweet potatoes into the beans and onion until combined.
5. Spread 1/2 cup sweet potato mixture onto each tortilla. Top with 2 tablespoons shredded cheese and any optional ingredients desired. Serve immediately.

TIPS

Try adding other ingredients such as chopped vegetables (avocado, corn, onion, peppers), salsa, sour cream or plain yogurt, or sliced or shredded cooked meat (beef steak, chicken breast, pork chop).

Nutrition Facts: Calories 340, Total Fat 11g, Cholesterol 15mg, Sodium 620mg, Total Carbohydrates 51g, Dietary Fiber 11g, Total Sugars 5g, Protein 13g, Calcium 151mg, Iron 2mg, Potassium 492mg

Source: Iowa State University, Spend Smart. Eat Smart.



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