

Sweet Potato Tacos

Makes 2 servings

INGREDIENTS

- 2 medium sweet potatoes
- 1 cup black beans, rinsed and drained
- 1 teaspoon cumin
- 1 teaspoon chili powder
- ¼ cup red onion, minced (may substitute chopped green onion)
- 1 teaspoon fresh squeezed lime juice
- chopped tomatoes, sliced avocado, hot sauce, salsa, or any other desired toppings

DIRECTIONS

Wash potatoes and pierce skin with a fork 5 – 6 times.

To bake sweet potatoes: preheat oven to 400°F. Place on baking sheet lined with foil. Bake until tender, 45 minutes to 1 hour. They can be baked ahead of time and stored in fridge for up to 1 week.

To microwave sweet potatoes: wrap in a damp paper towel and cook in microwave for 8-10 minutes, or until cooked through.

Let sweet potatoes cool slightly; then cut each potato in half and scoop out flesh, leaving enough to keep skin intact. Set aside.

In a small saucepan combine sweet potato, black beans, cumin, chili powder, and lime juice over medium heat until heated through for approximately about 5 minutes. Alternatively, place in a microwave safe bowl, cover and heat in microwave for approximately 45 seconds or until desired temperature.

Transfer sweet potato mixture into sweet potato skins.

Top with desired toppings and serve.