Taco Stuffed Sweet Potato

Ingredients

- 14oz Sweet potatoes (3.5oz person)
- 1 small Avocado
- 1 can Black Bean, low sodium
- ½ medium Red Onion
- 2 medium Roma Tomatoes
- ½ small can Corn
- ½ cup Cilantro
- 1 Lime
- 1 tsp Chili Powder
- 1 tsp Paprika
- ½ tsp Cumin

Preparation

1. Rinse all vegetables thoroughly. Rinse and drain the corn and beans thoroughly.
2. Preheat the oven to 425° F.
3. Gently stab several holes into the sweet potatoes, using a small knife or fork.
4. Wrap the sweet potatoes in tin foil. Bake in the oven for 45 minutes or until it is soft.
5. Remove the leaves from the cilantro. Then chop the leaves into small pieces and set aside.
6. Cut the top off of the red onion, and cut in half. Remove the outer layer. Cut into thin slices. Then chop into small pieces. Add to the large bowl.
7. Cut the top off of the roma tomatoes. Cut into quarters lengthwise. Cut into long stick pieces. Then chop into square pieces and set aside.
8. Roll the lime on the cutting board to get the juices flowing. Then cut in half and squeeze the juice into a small container.
9. Cut around the avocado lengthwise. Twist both halves to separate. Remove seed. Using a spoon scoop out the inside. Discard skin. Cut avocado into slices and then chop into small pieces and set aside.
10. In a large bowl add the black beans, corn, tomatoes, red onion, cilantro, lime juice, chili powder, paprika and cumin. Gently mix the ingredients thoroughly.
11. Cut a slit down the baked sweet potato lengthwise. Then push the end together with your fingers, so that it opens up the potato like a taco shell.
12. Add spoonfuls of the taco mixture into the open sweet potatoes. Sprinkle the avocado on top.
13. Serve hot and ENJOY!

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size: 8 oz. (352g)</th>
<th>Calories: 270</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat: 6g</td>
<td>8%</td>
</tr>
<tr>
<td>Saturated Fat: 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat: 0g</td>
<td></td>
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<tr>
<td>Cholesterol: 0mg</td>
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<tr>
<td>Sodium: 240mg</td>
<td>10%</td>
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<tr>
<td>Total Carbohydrate: 51g</td>
<td>19%</td>
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<tr>
<td>Dietary Fiber: 13g</td>
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<tr>
<td>Total Sugars: 11g</td>
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<tr>
<td>Includes 0g Added Sugars</td>
<td>0%</td>
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<tr>
<td>Protein: 9g</td>
<td>16%</td>
</tr>
<tr>
<td>% Daily Value *</td>
<td></td>
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</tbody>
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*The % Daily Value (DV) for nutrients is based on a 2,000 calorie diet. Your DV may be higher or lower based on your calorie needs.

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