



Taco Stuffed Sweet Potato

MAY CONTAIN

 SULPHITES LUPIN

Nutrition Facts	
4 servings per container	
Serving Size	(352g)
Amount Per Serving	
Calories	270
% Daily Value *	
Total Fat 6g	8%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 51g	19%
Dietary Fiber 13g	46%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 9g	18%
Vit. D 0mcg 0%	Calcium 110mg 8%
Iron 2.8mg 16%	Potas. 820mg 17%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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!**



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