

Sweet Potato Avocado Tacos

Yield: 6 servings

Ingredients

- 1 medium sweet potato, cubed
- 1 teaspoon olive oil
- ½ teaspoon chili powder
- ¾ teaspoon kosher salt
- ¾ teaspoon ground black pepper
- 6 corn tortillas
- 1 avocado, diced
- 1 cup black beans, canned, drained and rinsed
- 2 green onion, diced
- ¼ cup feta cheese, optional

Avocado Yogurt Sauce:

- ½ cup low-fat Greek yogurt, plain
- 1 small avocado
- 1 clove garlic
- 1 lime, juiced
- ⅛ teaspoon kosher salt
- ⅛ teaspoon black pepper, ground

Instructions

1. Preheat oven to 450 degrees.
2. Toss sweet potato cubes with the oil, chili powder, salt and pepper, and spread in one layer on a baking sheet. Bake for 20 minutes, or until golden brown. Remove sweet potatoes from the oven and set aside.
3. To make Avocado Yogurt Sauce: In a blender or food processor, blend together the yogurt, avocado, garlic and lime juice. Blend until smooth. Taste and adjust seasonings as needed.
4. Warm tortillas. Assemble tacos with roasted sweet potatoes, diced avocado, black beans, green onions and feta cheese (optional). Serve with Avocado Yogurt Sauce.

Nutrition Information

Serving Size: 1 taco

- Calories: 204
- Total Fat: 10.3 g
- Saturated Fat: 2.5 g
- Monounsaturated Fat: 7.4 g
- Sodium: 210.1 mg
- Total Carbohydrate: 23.1 g
- Dietary Fiber: 6.8 g
- Sugars: 2.1 g
- Protein: 7 g

Source: Love and Lemons, Jeanine Donofrio



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