



hally®

Let's cook something delish!

6 Servings

Sweet Potato Nachos

Ingredients

- Cooking spray
- 3 medium sweet potatoes (about 1 pound), peeled and thinly sliced into ¼-inch-thick rounds
- 1 T. olive oil
- 1½ t. paprika
- 1 t. chili powder
- 1 t. garlic powder
- 1/3 c. no-salt-added black beans, rinsed and drained
- 1/3 c. low-fat shredded cheddar cheese
- 1/3 c. chopped tomato (1 medium Roma tomato)
- 1/3 c. chopped avocado

Let's cook
something
delish!



Directions

1. Preheat oven to 425° F. Line two medium baking pans with aluminum foil. Lightly spray the foil with cooking spray.
2. In a large bowl, toss together the sweet potatoes, oil, paprika, chili powder and garlic powder. Spread the sweet potato mixture in a single layer in the baking pans.
3. Bake for 10 minutes. Using a spatula, turn over the sweet potatoes. Bake for five to ten minutes, or until crisp.
4. Remove the pans from the oven. Sprinkle the beans and cheddar cheese over the sweet potatoes. Bake for two minutes, or until cheese melts.
5. Sprinkle with tomato and avocado.

Find more delicious recipes at hally.com/category/food-cooking. Yum!

Calories: 209, Total Fat: 6 g, Saturated Fat: 2 g, Cholesterol: 5 mg, Sodium: 194 mg, Total Carbohydrate: 34 g, Fiber: 6 g, Total Sugars: 7 g, Protein: 6 g

Source: recipes.heart.org

Photo may include foods and ingredients that aren't a part of this recipe or included in the nutrition analysis.