

# Loaded Sweet Potato Nachos

**Recipe Type:** Entrée

**Serves:** 6

**Prep Time:** 10 minutes

**Cooking Time:** 35 minutes

**C** means cup    **T** means tablespoon    **t** means teaspoon    **oz** means ounce

## What you need:

- 3 large sweet potatoes
- 1 T olive oil
- 1/8 t salt
- 1/8 t pepper
- 1 and 1/2 C shredded Cheddar cheese
- 1 C black beans
- 1 bunch green onions
- 1 bunch cilantro
- 1 avocado
- 1/2 cup fat free sour cream

## What to do:

1. Preheat the oven to 400°F.
2. Wash your hands.
3. Dice the avocado into small pieces.
4. Chop the green onion and cilantro.
5. Wash sweet potatoes and slice into 1/4 inch thick slices.
6. Toss the slices in the olive oil and season with salt and pepper.
7. Place the slices onto a baking sheet, bake for 20 minutes.
8. Remove baking sheet from the oven and flip slices over, then bake for 10 minutes.
9. Remove baking sheet and sprinkle cheese and black beans over slices.
10. Bake for 5 minutes.
11. Remove baking sheet from oven
12. Top slices evenly with green onions, cilantro, avocado, and sour cream.
13. Serve warm.



This is a picture of 1 serving.

## Nutrition Facts

<b>Serving Size 15 Chips</b>	
<b>Amount Per Serving</b>	
<b>Calories 234</b>	<b>Calories from Fat 84</b>
<b>%Daily Value*</b>	
<b>Total Fat 9 g</b>	<b>14%</b>
Saturated Fat 2.3 g	<b>11.5%</b>
Trans Fat 0 g	
<b>Cholesterol 8 mg</b>	<b>3%</b>
<b>Sodium 371 mg</b>	<b>15%</b>
<b>Total Carbohydrate 27 g</b>	<b>9%</b>
Dietary Fiber 7 g	<b>27%</b>
Sugars 3 g	
<b>Protein 12 g</b>	
Vitamin D 0%	
Calcium 18%	
<b>* Percent Daily Values are based on a 2,000 calorie diet.</b>	

FK=5.6; 2/18/2015

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