

SWEET POTATOES

Ways to Prepare Sweet Potatoes:

1. **Roasted** - Wash and chop sweet potatoes into 1" pieces. Toss them in some oil, salt and pepper and roast at 425° F for 30-35 minutes!
2. **Sautéed** - Wash and chop the sweet potatoes into 1" pieces and sauté in a little butter or olive oil on medium high heat for 10-15 minutes or until tender, and golden brown!
3. **Boiled** - Wash and cut sweet potatoes into large 2" pieces. Place in a large pot and add enough water to cover potatoes. Boil until potatoes are tender when pierced with a fork, 15 to 20 minutes. Drain and return to pot. Mash them up with some butter, honey, cinnamon and sour cream for a delicious side dish!



Add sweet potatoes to:

- * Soups
- * Stir-fries
- * Curries
- * Casseroles



Sweet Potato and Black Bean Tacos

Makes 4 servings

Ingredients

1 lb sweet potatoes,
chopped into 1" pieces
2 Tablespoons oil
1 14.5-oz can black
beans, drained and
rinsed
2 teaspoons ground
cumin
1 ½ Tablespoons honey
½ cup sour cream
2 limes
12 small corn or flour
tortillas
1 avocado (optional)
salt and pepper



Instructions

1. Preheat oven to 400° F. Toss sweet potatoes with 1 Tablespoon of oil, salt and pepper and roast for 20 minutes.
2. Heat 1 Tablespoon of oil in a large pan on medium heat. Add beans and season with salt and pepper. Cook until warmed through, 3-4 minutes, then add roasted sweet potatoes, cumin, honey and juice from 1 lime to the pan. Cook 2-3 minutes.
3. Warm the tortillas. In a small bowl, mix the sour cream with juice of a lime and season with salt and pepper.
4. To serve, spread lime crema on a tortilla, and top with sweet potato filling and avocado slices! Top with hot sauce if desired!