



## Heart Month | Heart Healthy Recipe

### Sweet Potato Nachos — Appetizer

- 3 medium sweet potatoes (about 2 pounds)
- 1 Tbsp olive oil
- 1 tsp chili powder
- 1 tsp garlic powder
- 1 1/2tsp paprika
- 1/3 cup black beans (drained, rinsed)
- 1/3 cup reduced-fat, shredded cheddar cheese
- 1/3 cup chopped tomato (1 plum tomato) or  
1/3 cup no-salt-added, canned, diced tomatoes (drained, rinsed)
- 1/3 cup chopped avocado

Yield: 6 servings

Preheat the oven to 425°F. Cover the baking pans with foil and coat with nonstick cooking spray. Peel and slice the sweet potatoes thin (about quarter-inch rounds). In a bowl, toss the rounds with olive oil, chili powder, garlic powder and paprika. Spread evenly on prepared pan (might need two pans). Bake for 10 minutes and use a spatula to flip the sweet potato rounds. Bake for another 5-10 minutes or until crisp. Remove the pan from the oven and sprinkle beans and cheese over the sweet potatoes. Return to oven until cheese melts, about 2 minutes. Sprinkle with tomato and avocado. Serve.

Nutrient info: 290 Calories, 34 g carbs, 6 g protein, 5.5 g total fat, 1.7 g saturated fat, 5 mg chol., 194 mg sodium, 6 g fiber