

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:

- 1 avocado
- 1 bunch green onions
- 1 bunch cilantro
- 3 large sweet potatoes
- 1 T olive oil
- ½ t salt
- ½ t pepper
- 1½ C low-fat shredded cheddar cheese
- 1 C black beans
- ½ 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 and chop the green onion and cilantro.
4. Wash the sweet potatoes and slice into ¼ inch thick slices.
5. Toss the slices in the olive oil and season with salt and pepper.
6. Place the slices onto a baking sheet, bake for 20 minutes. Flip slices over, then bake for another 10 minutes.
7. Remove the baking sheet, sprinkle cheese and black beans over slices. Bake for 5 minutes or until the cheese is melted.
8. Remove baking sheet from oven. Top slices evenly with green onions, cilantro, avocado, and sour cream.
9. Serve warm.



This is a picture of 1 serving.

Contains Milk

Nutrition Facts	
6 servings per container	
Serving size	15 Chips (199g)
Amount per serving	
Calories	250
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 490mg	21%
Total Carbohydrate 27g	10%
Dietary Fiber 7g	25%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 188mg	15%
Iron 2mg	10%
Potassium 623mg	15%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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