

Healthy Children, Healthy Family

Southwest Tacos



Makes: 3 cups (12 small tacos)

Preparation time: 30 minutes

Ingredients:

- 1 large sweet potato
- 1 small onion
- 2 Tbsp. olive oil
- 1 Tbsp. lemon juice
- 1-3 tsp cumin
- 1 tsp chili powder
- 1/8 tsp cayenne pepper
- 2 cups cooked black beans
- Salt and pepper to taste

Instructions:

1. Peel and cut the sweet potato into cubes.
2. Boil sweet potato in small pot of water for 5 minutes. Drain.
3. Cut onion into small pieces. Cook in pan with oil for 5 minutes (until yellow).
4. Add sweet potatoes, lemon juice, chili, and cayenne to pan. Mix and continue cooking at low heat. Add beans and simmer until hot. Add salt and pepper to taste.

Note: Serve with warm, corn tortillas.



Nutrition Facts

Serving Size (86g)
Servings Per Container

Amount Per Serving

Calories 140 **Calories from Fat 30**

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 55mg **2%**

Total Carbohydrate 24g **8%**

Dietary Fiber 5g **20%**

Sugars 2g

Protein 4g

Vitamin A 110% • Vitamin C 10%

Calcium 8% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

My Family's Goal: We will try our best to

Recipe from the family of Mayra Muñoz Gomez