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Black Bean & Sweet Potato Taco

Prep Time: 15 Minutes

Cooking Time: 35 Minutes

Serves 100

Ingredients:

100 each 6" White Corn Tortillas (10620)

25 oz. Fresh Baby Spinach Leaves

6 cans (#10) Low-Sodium Black Beans , drained , warm

Caramelized Sweet Potatoes , see related recipe

Smoky Cumin Yogurt Sauce , see related recipe

Directions:

1. Preheat conventional oven to 350°F.

2. Spray corn tortillas with non-stick spray and bake on sheet pans for 4 to 6 minutes or until warm and crisp on edges. Remove and fold while warm to create a rustic taco shape.

3. Serving Instructions: Place ¼ cup baby spinach leaves in center of baked taco shell, top with ½ cup warm beans, ½ cup warm caramelized sweet potatoes, and drizzle with 1 tablespoon smoky cumin yogurt sauce.



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Caramelized Sweet Potatoes

Serves 1

Ingredients:

4 4/5 oz. Frozen Diced Sweet Potatoes , thawed
1/8 cup Brown Sugar
1/8 cup Salt
1/8 cup Ground Cumin
1/8 tsp. Ground Cayenne Pepper Sauce

Directions:

1. Preheat oven to 375°F.
2. In large mixing bowl, combine sweet potatoes, brown sugar, salt, cumin and cayenne pepper.
3. Transfer to parchment-lined sheet pans and bake for 35 minutes or until tender and caramelized.

Smoky Cumin Yogurt Sauce

Serves 1

Ingredients:

1/8 cup Low-Fat Yogurt , plain
1/8 cup Fat-Free Sour Cream
1/8 cup Ground Cumin

Directions:

1. In medium mixing bowl, combine yogurt, sour cream and cumin and transfer to a plastic squeeze bottle; hold refrigerated.