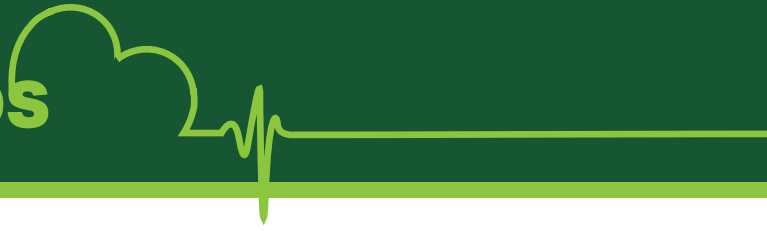


SWEET POTATO NACHOS



INGREDIENTS

- 3 medium sweet potatoes (about 1 pound), peeled and thinly sliced into 1/4-inch thick rounds
- 1 tablespoon olive oil
- 1 1/2 teaspoons paprika
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- 1/3 cup no-salt-added black beans, rinsed and drained
- 1/3 cup low-fat shredded Cheddar cheese
- 1/3 cup chopped tomato (1 medium Roma tomato)



Recipe courtesy of the American Heart Association

DIRECTIONS

1. Preheat the oven to 425°F. Line two medium baking pans with aluminum foil. Lightly spray the foil with cooking spray.
2. In a large bowl, toss together the sweet potatoes, oil, paprika, chili powder, and garlic powder. Spread the sweet potato mixture in a single layer in the baking pans.
3. Bake 10 minutes. Using a spatula, turn over sweet potatoes. Bake for 5 to 10 minutes, or until crisp.
4. Remove the pans from the oven. Sprinkle beans and Cheddar over the sweet potatoes. Bake for 2 minutes, or until cheese melts.
5. Sprinkle with the tomato and avocado.