

Loaded Sweet Potato Nachos

This layered dish is a family-friendly favorite chock full of flavor and nutrition. Anthocyanin is a compound found in the skins of sweet potatoes (especially purple sweet potatoes), as well as black beans. It's valuable for its anti-inflammatory benefits that have been shown to positively impact heart health and brain health. The phytonutrients and fiber also help with hormone balance.

Prep time: 35 minutes

Serves 2 – double the recipe if feeding more

Ingredients:

- 2 medium sweet potatoes or 4 small potatoes
- 1-2 tablespoons extra-virgin olive oil
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- 1 (15-ounce) can black beans, drained and rinsed
- ½ cup shredded cheese (cheddar, jack, or Violife vegan cheese, if preferred)
- 2 green onions, thinly sliced

Optional toppings:

- Salsa
- Guacamole or Avocado Crema
- Shredded lettuce

Steps:

1. Preheat oven to 400F (set to convection if you have it). Line a sheet pan with parchment paper.
2. Carefully slice sweet potatoes or potatoes thinly and evenly into rounds. Toss in a medium-sized bowl with olive oil and spices until well-coated.
3. Spread the rounds out evenly onto the large baking sheet without crowding them. Use two sheets, if needed.
4. Place sweet potatoes in the oven and bake for approximately 25 minutes.
5. Remove from the oven and begin to layer in the seasoned taco meat (recipe on next page), black beans, and optional cheese. Place back in the oven for 5 minutes or so until cheese is melted and beans are warm.
6. Remove from the oven and top with salsa, green onion, and/or guacamole. Serve immediately.