



## Sweet Potato Nachos

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Serves 6

*What child won't want to try orange nachos? The seasoned sweet potatoes with the mellow cheese create a wonderful combination for a snack or healthier game-day appetizer.*

3 medium sweet potatoes  
1 Tbsp olive oil  
1 tsp chili powder  
1 tsp garlic powder  
1 ½ tsp paprika  
1/3 cup black beans drained and rinsed  
1/3 cup reduced-fat shredded Cheddar  
1/3 cup chopped tomato (or canned diced tomatoes)  
1/3 cup chopped avocado

Preheat the oven to 425 degrees Fahrenheit. Cover the baking pans with foil and coat with nonstick cooking spray.

Peel and slice the sweet potatoes thinly (about quarter inch rounds). In a bowl, toss the rounds with olive oil, chili powder, garlic powder and paprika. Spread evenly on prepared pan (might need two pans). Bake for 10 minutes and use a spatula to flip the sweet potato rounds. Bake for another 5-10 minutes or until crisp.

Remove the pan from the oven and sprinkle beans and cheese over the sweet potatoes. Return to oven until cheese melts, about 2 minutes. Sprinkle with tomato and avocado. Serve.

This recipe is brought to you by the American Heart Association's Simple Cooking with Heart Program.

### Nutritional Analysis

Calories	209
Fat	5.5g
Saturated Fat	1.7g
Trans Fat	0.0g
Polyunsaturated Fat	0.6g
Monounsaturated Fat	2.8g
Cholesterol	5mg
Sodium	194mg
Carbohydrates	34g
Dietary Fiber	6g
Sugars	7g
Protein	6g

**Dietary Exchanges:** 2 1/2 starch, 3 lean meat