

Sweet Potato Nachos

Full of color and texture this is all about the toppings, pile it on for a one pan meal family meal. Serves 6

Ingredients:

- 4 large sweet potatoes, medium dice
- 3 tbsp avocado oil or other high heat oil
- 1 tbsp taco seasoning *homemade below
- sea salt, if there is no salt in your taco seasoning
- 4 green onions, white and green part, chopped
- 2 ears of corn, cut from the cob or the equivalent of frozen corn
- 1- 15oz can of black beans, rinsed
- 1- 8oz bag of shredded mexican cheese

Toppings:

large handful of basil or cilantro, chopped
1/2 pint cherry tomatoes halved
2 avocados, diced
fresh fruit salsa (a mix of pineapple, peach or mango with a squeeze of fresh lime juice)
anything pickled, ginger carrots are a favorite
sour cream
Salsa

Preparation:

- Preheat oven to 400
- Prepare sweet potatoes and place in a large bowl, toss with the oil, and taco seasoning. Evenly spread out on a large sheet tray or two small ones.
- Bake for 30 minutes until tender and slightly browned. Remove from the oven and sprinkle on top of the sweet potatoes the green onions, corn, and black beans. Top with cheese and reduce oven temp to 375 and cook for another 10-15 minutes until cheese is melted and starting to brown.
- Remove from the oven and either offer sides for a make your own plate or pile any or all toppings on the sweet potatoes for a one-pan meal.

Notes

*To make your own taco seasoning: * This combination has sea salt so adjust recipes accordingly. Store in a sealed jar for up to a year

- 1 Tbsp. of ground cumin
- 2 Tbsp. of chili powder
- 1 Tbsp. of onion powder
- 1 Tbsp. garlic powder
- 1 Tbsp. sweet paprika
- 2 tsp of sea salt
- 1 tsp ground coriander
- 1 tsp. of light brown sugar, optional
- 1 tsp. oregano, optional
- generous pinch of red pepper flakes