

Black Bean & Sweet Potato Chili

Makes 8 servings (~1 cup per serving)

150 calories • 217mg sodium • 6g protein • 24g carbs • 4g total fat (1g sat. fat)

Ingredients:

1 tbsp olive oil	3½ cups reduced-sodium chicken broth
1 red onion, finely chopped	15 ounces reduced-sodium black beans, rinsed and drained
4 garlic cloves, finely chopped	15 ounces reduced-sodium diced tomatoes
½ tsp ground cumin	½ cup brown rice
2 tbsp chili powder	4 tsp lime juice
1 medium-large sweet potato, peeled and diced	

Directions:

- Heat a large heavy bottom pot with the oil over medium high heat.
- Add the sweet potato and onion and cook for about 5 minutes, until the onion is softened.
- Add the garlic, chili powder, and cumin and stir to combine.
- Add the chicken broth, tomatoes, black beans and rice and bring the mixture to a boil. Stir everything to combine.
- Cover the pot and reduce the heat to maintain a gentle simmer.
- Cook for 10-15 minutes until the rice is fully cooked and the sweet potatoes are soft.
- Add the lime juice and remove the pot from the heat.

<https://fruitsandveggies.org/recipes/black-bean-sweet-potato-chili/>

Roasted Sweet Potatoes

Makes 4 servings (~1 cup per serving)

125 calories • 45mg sodium • 1g protein • 28g carbs • 1g total fat (0.2g sat. fat)

Ingredients:

1 pound sweet potatoes, peeled and cubed into 1-inch pieces
1 tbsp olive oil
¾ tsp ground black pepper

Directions:

- Preheat oven to 450°F.
- On a large baking sheet, toss sweet potatoes with oil and season with pepper.
- Roast until tender, tossing halfway through, 30 to 35 minutes.

Spice it Up!

Try adding your favorite low- or no-sodium spices and seasonings to your roasted sweet potatoes. Low-sodium taco seasoning is an easy and tasty way to spice up this dish!

Sweet Potato Facts

- Good source of B vitamins, vitamin C, vitamin K, and vitamin A
- Reduces risk of cancer
- Helps improve blood sugar regulation in type 2 diabetes

<https://www.delish.com/cooking/a22639681/how-to-roast-sweet-potatoes/>

Baked Batatas and Apples

Makes 6 servings (½ cup per serving)

96 calories • 131mg sodium • 9g protein • 8g carbs • 3g total fat (0g sat. fat)

Ingredients:

Nonstick cooking spray
½ tbsp brown sugar, packed
½ tsp cinnamon, ground
2 cups sweet potatoes, peeled and cubed into ½-inch pieces

3 cups apples, peeled and cored, cubed into ½-inch pieces
1 tbsp canola oil
¼ cup orange juice

Directions:

- Preheat oven to 350°F.
- Lightly coat a medium baking dish (about 8"x8") with nonstick cooking spray.
- In a medium bowl, combine brown sugar and cinnamon
- Toss sweet potatoes, apples, oil, and orange juice in the cinnamon-sugar mixture.
- Place the sweet potato and apple mixture in the baking dish.
- Cove with foil and bake for 40 minutes, or until sweet potatoes are tender. Heat to 140°F for at least 15 seconds.
- Serve ½ cup.

Healthy Sweet Potato Casserole

Makes 10 servings (½ cup per serving)

163 calories • 184mg sodium • 2g protein • 12g carbs • 13g total fat (5g sat. fat)

Ingredients:

2 lbs. sweet potato
3 tbsp coconut oil or butter/earth balance/ghee
1 cup unsweetened apple sauce

2 tsp ground cinnamon
Pinch of group nutmeg
1 cup chopped pecans
Extra cinnamon for topping

Directions:

- Preheat oven to 450°F.
- Wrap sweet potatoes in aluminum foil and bake in preheated oven until soft (about 1-1.5 hours).
- Remove from oven, cut in half and let cool.
- Remove skins and set sweet potatoes aside.
- Reduce oven to 375°F.
- Add apple sauce and sweet potatoes to your blender and blend until smooth.
- Add melted coconut oil (butter/earth balance/ghee), cinnamon, and nutmeg and blend until combined (optional).
- Transfer to a 9" baking dish and sprinkle the top with pecans and optional topping.
- Bake at 375 for 25-30 minutes until potatoes begin to slightly bubble and topping is lightly browned.
- Let cool for 10 minutes before serving.

Roasted Sweet Potatoes

Joñan eo ej kabwe: 4 (ikijeen 1 cup in iioök eo)
125 calories • 45mg sodium • 1g proteín • 28g carbohydrate •
1g total fat (0.2g saturated fat)

Men ko Kõbwebwein:

1 pound sweet potatoes peeled and cubed into 1-inch pieces (sweet potatoes ko emõj am jolok jen kúleer im mwijiti tarrin 1 inch aetokien juon ud.)

1 tablespoon olive oil

¾ teaspoon ground black pepper

Kõmelele ko:

- Kõmanneen oven eo am nan 450*.
- ILO juon baan lutõk sweet potato ko ippen oil im pepper (peppa).
- Umini ñan ñe ebidodo, ukokõte, 30-35 minut.

Mool ko ikijeen Sweet Potato

- Eloñ vitamins B, Vitamin C, Vitamin K, im vitamin A
- Ej jiban bobrae cancer
- Jiban kõkemanman lok makitkit in botoktok ippen ro Eloñ aer type 2 diabetes (Toñal).

Camote Rostizado

Total, de 4 porciones (aproximadamente 1 taza por porción)
125 calorías • 45mg sodio • 1g proteína • 28g carbohidrato • 1g
grasa total (0.2g grasas saturadas)

Ingredientes:

1 libra de camote (sweet potatoes), peladas y cortadas en cubitos de 1 pulgada

1 cucharada de aceite de oliva

¾ cucharadita de pimienta negra

Instrucciones:

- Precaliente su horno a 450 grados.
- En una lata de hornear (cookie sheet) ponga el camote, agregue el aceite de olivo y la pimienta.
- Rostizar hasta que este suave, a la mitad del proceso voltear el camote, por un total de aproximadamente de 30-35 minutos en el horno.

Datos de el Camote

- Buena fuente de vitamina B, vitamina C, vitamina K, y vitamina A
- Reduce el riesgo de cáncer
- Ayuda a mejorar la azúcar en la sangre para la Diabetes tipo 2