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

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/](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.

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 ground 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

Ingredientes:
- 1 libra de camote (sweet potatoes), peladas y cortadas en cubitos de 1 pulgada
- 1 cucharada de aceite de oliva
- ¾ cucharadita de pimiento negro

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.