

Sweet Potato Nachos

Ingredients:

- 3 medium sweet potatoes
- 1 tablespoon olive oil
- 1 tablespoon taco seasoning
- 1 cup prepared black beans
- 1/4 cup shredded pepper jack cheese
- 2 large tomatoes, diced
- 2 jalapeños, sliced
- 4 green onions, sliced thin

Directions:

1. Preheat oven to 400°F.
2. Peel the sweet potatoes and slice into very thin rounds.
3. In a large bowl, toss the sweet potato rounds with the oil and season to taste. Arrange on 2 large cookie sheets in a single layer. Bake for 15 minutes, then remove from oven, flip the rounds over and bake for an additional 5–10 minutes until crisp.
4. Remove pans from oven and place all sweet potato chips onto one sheet. Top with black beans and cheese and place back in oven for 5 minutes.
5. Remove from oven and top with remaining favorite toppings.
6. Serve immediately.

Nutrition Facts	
Serving Size (151g)	
Servings Per Container 8	
Amount Per Serving	
Calories 120	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 75mg	3%
Total Carbohydrate 22g	7%
Dietary Fiber 4g	16%
Sugars 7g	
Protein 4g	
Vitamin A 2%	• Vitamin C 20%
Calcium 4%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

Benteh Nuutah

Valley Native Primary Care Center

Wellness Center

(907) 631-7630

southcentralfoundation.com

