



BLACK BEAN SWEET POTATO NACHOS

SERVES 2 OR 4

TIME: 35 MIN

CALORIES: 540/SERVING



A vegan take on a classic, but full of satisfying and nourishing ingredients! Roasted sweet potatoes replace the usual fried chips, and they're topped with spiced black beans, a spicy cashew queso, quick creamy guacamole, salsa, thinly sliced jalapeños and greens onions. Squeeze some fresh lime on them and dig in!

WHAT YOU'LL NEED

- Strainer
- Baking sheet
- Silicone baking mat (optional)
- Oil
- Salt
- Pepper



WHAT'S INSIDE 2 servings 4 servings

Sweet potato	1-2	2-4
Black beans	1 cup	2 cups
Spice blend	4 tsp	8 tsp
Avocado	1	2
Pickled jalapeño	1/4 cup	1/2 cup
Lime	1	1
Cashew queso	1/2 cup	1 cup
Salsa	1/2 cup	1 cup
Green onion	1	2

Nutrition Facts
Valeur nutritive

Per Serving (455 g)
pour 1 (455 g)

Calories 540	% Daily Value*
Fat / Lipides 30 g	% valeur quotidienne*
Saturated / saturés 4.5 g	23 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 59 g	
Fibre / Fibres 22 g	79 %
Sugars / Sucres 9 g	9 %
Protein / Protéines 17 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 910 mg	40 %
Potassium 1650 mg	35 %
Calcium 150 mg	12 %
Iron / Fer 6.5 mg	36 %

*5% or less is a little 15% or more is a lot
*5% ou moins c'est peu 15% ou plus c'est beaucoup

OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!



Preheat your oven to 425°F. Prep the ingredients: Thinly slice the **sweet potatoes**, and **green onion**. Mash the **avocado** and add the juice of half the **lime**, and season with **salt & pepper**. Rinse and drain the **black beans**.



Toss the sliced **sweet potatoes** in 1 tbsp of oil (2 tbsp of 4 servings) and season with **salt**. Spread out on a baking sheet lined with a silicone baking mat or lightly greased and bake for 10 minutes, then flip and bake for another 10 minutes, until golden brown on both sides. Adjust time depending on thickness of slices.



Mix the **spice blend** into the **black beans** along with 1-2 tbsp of water (3-4 tbsp for 4 servings). Pile the **potatoes** into the middle of the baking sheet and scatter the **beans** over the top. Return to the oven for another 5 minutes until the beans are warmed through and spice blend is fragrant.



Cut the remaining **lime** into wedges. Top with **cashew queso**, **salsa**, mashed **avocado**, **green onion**, and **pickled jalapeño** (omit if you don't like spicy). Serve with **lime wedges**.