

LOADED SWEET POTATO NACHO FRIES

Sweet potatoes are nutritionally far superior to the traditional use of tortilla chips in this recipe. They have more fiber and plenty of beta carotene. A delicious, healthy football game appetizer!

INGREDIENTS

2 tablespoons extra-virgin olive oil
2 medium sweet potatoes
¼ teaspoon salt plus a pinch, divided
2 tablespoons reduced-fat sour cream or greek yogurt
1 tablespoon lime juice
1 cup corn kernels, fresh or frozen
½ cup shredded Cheddar cheese
⅓ cup black beans, rinsed
½ cup cherry tomatoes, halved
2 scallions, sliced
1 avocado, chopped
2 tablespoons chopped cilantro

DIRECTIONS

STEP 1

Preheat oven to 425°F then cut sweet potatoes into sticks about 1/4 inch thick.

STEP 2

Heat oil in a large cast-iron skillet over medium-high heat. Add sweet potatoes and 1/4 teaspoon salt. Cook until they begin to brown, around 5 to 7 minutes. Transfer the skillet into the oven and bake until sweet potatoes are soft, 15 to 20 minutes.

STEP 3

Meanwhile, combine sour cream or substitute, lime juice and the remaining pinch of salt in a small bowl.

STEP 4

Top the sweet potatoes with corn, cheese and beans. Continue baking until the cheese is melted, about 5 minutes. Top with tomatoes, scallions, avocado, sour cream mixture and cilantro. Enjoy!



NUTRITION FACTS

Serving Size: About 1/2 Cup Each Per Serving: 174 calories; protein 4.1g; carbohydrates 22.5g; dietary fiber 4.6g; sugars 4.9g; fat 8.3g; saturated fat 2.2g; cholesterol 6.9mg; vitamin a iu 11478IU; vitamin c 7.1mg; folate 40.1mcg; calcium 73.6mg; iron 0.9mg; magnesium 34.4mg; potassium 460.4mg; sodium 165.9mg; thiamin 0.1mg. Exchanges: 1 1/2 Starchy Vegetable, 1 Fat



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