

# Sweet Potato Nachos



*Delicious entree or snack brimming with fresh vegetables courtesy of the CMH Clinical Nutrition Team.*

## Ingredients:

2 Sweet potatoes	1 Green bell pepper
2 Tablespoons olive oil	1 Red or yellow onion
1 Teaspoon salt	1 Roma tomato
1 Teaspoon pepper	1 Fresh jalapeno
3 Tablespoons cheddar cheese	½ cup - Low sodium black beans
1 Red bell pepper	1 Tablespoon cilantro

## Directions:

- Dice peppers, onion, tomato, jalapeno, black beans and chop cilantro. Mix and let sit one hour, up to overnight
- Slice sweet potatoes thin, about 1/8" thick. Toss potatoes with oil, salt & pepper. Bake at 350° for 14 minutes or until potatoes are slightly soft
- Sprinkle cheese over potatoes, bake an additional 5-8 minutes until cheese is melted and bubbling
- Add vegetable mixture and bake for an additional 10-15 minutes
- Garnish with light sour cream, salsa or guacamole and enjoy!