Sweet Potato Burritos

Serves 6
Serving Size: 1 burrito
Cost per Serving: $0.98

Ingredients:
- 2 sweet potatoes (peeled and cubed) (about 3 cups)
- ¼ cup salsa
- 1 Tablespoon oil (canola, olive or vegetable)
- 1 onion, diced
- 1 can (15 ounces) black beans (drained and rinsed)
- 6 (8-inch) whole wheat tortillas
- ¾ cup shredded cheese (cheddar, Colby, pepper jack)

Optional Ingredients:
- Chopped vegetables (avocado, corn, onion, peppers), salsa, sour cream or plain yogurt, sliced or shredded cooked meat (beef steak, chicken breast, pork chop)

Directions:
1. Put sweet potatoes in a medium sized saucepan. Cover with water and cover with a lid. Heat over high until boiling. Reduce heat to low. Simmer for 10 minutes or until sweet potatoes are tender.
2. Drain water from sweet potatoes and place in a medium bowl. Add salsa and mash with a fork.
3. Add oil to the saucepan and heat over medium. Add diced onion and sauté for 3 minutes. Add black beans and heat for 3 minutes more.
4. Stir sweet potatoes into the beans and onion until combined.
5. Spread ½ cup sweet potato mixture onto each tortilla. Top with 2 Tablespoons shredded cheese and any optional ingredients desired. Serve immediately.

Nutrition Facts per Serving: 340 calories, 11g total Fat (4g sat. fat), 15mg. Cholesterol, 620mg Sodium, 51g Carbohydrates, 11g Fiber, 5g Sugar, 13g Protein

Recipe compliments of Iowa State University Extension and Outreach:
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