


Sweet Potato Nachos

Ingredients

- Cooking spray
- 3 medium sweet potatoes (about 1 pound), peeled and thinly sliced into ¼-inch-thick rounds
- 1 tablespoon olive oil
- 1½ teaspoons paprika
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- 1/3 cup no-salt-added black beans, rinsed and drained
- 1/3 cup low-fat shredded cheddar cheese
- 1/3 cup chopped tomato (1 medium Roma tomato)
- 1/3 cup chopped avocado



Directions

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1. Preheat oven to 425° F. Line two medium baking pans with aluminum foil. Lightly spray the foil with cooking spray.
2. In a large bowl, toss together the sweet potatoes, oil, paprika, chili powder and garlic powder. Spread the sweet potato mixture in a single layer in the baking pans.
3. Bake for 10 minutes. Using a spatula, turn over the sweet potatoes. Bake for five to ten minutes or until crisp.
4. Remove the pans from the oven. Sprinkle the beans and cheddar cheese over the sweet potatoes. Bake for two minutes or until cheese melts.
5. Sprinkle with tomato and avocado.

