



SUPER FRESH TACOS

MAKES 6 - 8 SERVINGS

Ingredients:

- 2 sweet potatoes
- 2 15oz cans of black beans (low sodium)
- 1 large onion
- 2 Tbsp avocado oil (or olive oil)
- 2 Tbsp Southwest Chipotle (Fresco Spice Blends) or taco seasoning
- 1 head of red cabbage

Directions:

Dice the sweet potatoes into ¼ inch cubes or so. Place the diced sweet potatoes in a mixing bowl with about one tablespoon of avocado oil. Add one tablespoon of Southwest Chipotle Blend (Fresco Spice Blends) spice blend and mix the sweet potatoes, oil, and spices together. Evenly spread the mixture onto one or two cookie sheets and roast in the oven at 400 degrees for 12 – 15 minutes (until the potatoes are tender). Drain and rinse the two cans of black beans. Dice and sauté the onion

in about a tablespoon of avocado oil in a large skillet until onion begins to caramelize (look for a golden brown color on the edges of the diced onion; be careful not to burn). Add the black beans and roasted sweet potatoes. Add one more tablespoon of the spice blend. Mix in skillet and heat until the mixture is warm. Cut off the bottom of the cabbage to make it easy to pull off the leaves to use as taco shells. Place the mixture on top of the cabbage leaf and add toppings to your preference.

Recommended Toppings: Chopped leafy greens (lettuce, spinach, and/or kale), diced tomatoes, chopped onion, chopped cilantro, diced cucumber, salsa, sliced black olives, sliced jalapeños (fresh or pickled), plain greek yogurt, guacamole, diced avocado, diced sweet peppers, and/or shredded cheese.