



Black Bean and Sweet Potato Burritos

Recipe Source: www.melskitchencafe.com

Yield: 6-8 burritos

Ingredients:

2 sweet potatoes, cubed small (about 3-4 cups)
1 jalapeno, seeded and finely diced
1 red pepper, diced small
1 small onion, diced small (about ½ cup)
2 tsp olive oil
1 tsp cumin
1 tsp chili powder
½ tsp salt
¼ tsp black pepper
1 (15 oz) can black beans, rinsed and drained
½ cup chopped fresh cilantro
2 tsp fresh lime juice (from about 1 lime)
6 oz shredded cheese (sharp cheddar, Monterey Jack, or a combination)
6-8 burrito-size whole wheat tortillas

Steps:

- Preheat the oven to 425°F. On a foil-lined large rimmed baking sheet, toss together the sweet potatoes, jalapeno, red pepper, and onion. Drizzle with olive oil, then sprinkle with the cumin, chili powder, salt, and pepper. Stir to combine and coat vegetables well. Roast 15-20 minutes, just until vegetables are tender but not mushy. Remove vegetables and reduce oven temperature to 375°F.
- Let the vegetable mixture cool. Scrape the mixture into a large bowl and toss with the black beans, cilantro, and lime juice. Taste the mixture, adding another dash of salt and pepper if needed. Refrigerate the mixture until ready to assemble burritos (up to 3-4 days), or use immediately.
- Place 3-4 tortillas on a microwave-safe plate, cover with a damp paper towel, and microwave for 15-20 seconds until tortillas are pliable. Place ¼ cup or of the vegetables in the center of the tortilla, sprinkle with a little cheese, then fold in sides of tortilla and roll up. Place seam-side down on a baking sheet. Repeat with remaining tortillas.
- Bake in a 375°F oven for about 10-15 minutes, until heated through and the top of the tortilla is golden brown. Adjust the baking time as needed if the filling has been refrigerated. For a softer tortilla, wrap each burrito in foil before baking. Serve immediately.

Tips from the Test Kitchen: Fresh salsa on the side is delicious!



Nutritional Facts: per serving Calories: 317, Carbohydrates: 46 grams, Protein: 13 grams, Total Fat: 10 grams, Saturated Fat: 4 grams, Cholesterol: 21 mg, Sodium: 626 mg, Fiber: 8 grams, Total Sugars: 4 grams.