

Sweet Potato Burritos with Avocado Crema



Ingredients:

2 sweet potatoes, peeled and diced
½ cup (4 oz.) store-bought salsa
2 Tbsp cilantro, chopped
2 Tbsp vegetable oil
½ small onion, diced
1 cup canned black beans, rinsed and drained
1 ½ cups pepper jack cheese, shredded
6 (8-inch) flour tortillas

Avocado Crema:

Mash 1 pitted avocado with
½ cup sour cream and
1 Tbsp lime juice in a bowl.

Directions:

1. Place sweet potatoes in a pot and cover with water. Cover pot with a lid and bring to a boil. Turn heat down to low and simmer for 15 minutes. Drain water. Mash sweet potatoes with a fork or potato masher. Stir in salsa and cilantro.
2. Heat oil in a skillet pan over medium heat, add onions, and cook for 5 minutes. Add beans to the onion mixture. Cook for 2 more minutes. Turn off heat. Stir in sweet potato mixture.
3. To make each burrito, spoon ¾ cup of the filling and ¼ cup shredded cheese on to a tortilla and roll up the tortillas. Repeat this step 5 times to make 6 burritos.
4. Brown two sides of each burrito in a non-stick pan over medium heat.
5. Serve with avocado crema.

Serves 6

Nutrition Facts per serving:
440 calories; 22g fat; 48g carbohydrates; 16g protein;
7g sugars; 35mg cholesterol; 490mg sodium.

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