

These easy sweet potato tacos are a delicious vegetarian weeknight dinner that you can easily make vegan or gluten-free.

### INGREDIENTS:

- 1 medium sweet potato, cubed
- Extra-virgin olive oil, for drizzling
- 1/2 teaspoon chili powder
- 4 to 6 tortillas
- 1 cup black beans, cooked, drained, and rinsed
- Lime slices, for serving
- Sea salt and freshly ground black pepper

Avocado yogurt sauce:

- 1/2 cup whole milk Greek yogurt
- 1 small avocado
- 1/2 garlic clove
- Juice of 1 lime
- Sea salt & fresh black pepper

Optional toppings:

- 1 small avocado, diced
- 2 scallions, diced
- Crumbled feta or Cotija cheese
- Pickled onions
- Microgreens or fresh cilantro

### INSTRUCTIONS:

1. Preheat oven to 400° F and line a large baking sheet with parchment paper.
2. Toss the sweet potatoes with olive oil, chili powder, salt and pepper, and spread onto the baking sheet. Roast for 20 minutes, or until golden brown.

Like what you tried? Email us at [katieConklin@oshkoshymca.org](mailto:katieConklin@oshkoshymca.org)

Recipe source <https://www.loveandlemons.com/avocado-sweet-potato-tacos>



3. Make the avocado yogurt sauce: In a small food processor, combine the yogurt, avocado, garlic, lime juice, and a few generous pinches of salt and pepper. Pulse until smooth. Taste and adjust seasonings. Chill until ready to use.
4. Assemble the tacos with a scoop of the sauce, the roasted sweet potatoes, black beans, and desired toppings. Season with salt, pepper, and squeezes of lime.

Nutrition Facts	
Amount per	
1 serving (54.1 oz)	1532 g
Calories 2798	From Fat 983
% Daily Value*	
Total Fat 114.8g	177%
Saturated Fat 38.4g	192%
Trans Fat 0g	
Cholesterol 149mg	50%
Sodium 3561mg	148%
Total Carbohydrates 359g	120%
Dietary Fiber 71g	285%
Sugars 44g	
Protein 102g	205%
Vitamin A 518% • Vitamin C 168%	
Calcium 164% • Iron 135%	
<small>* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.</small>	
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Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.