

These sweet potato nachos are loaded with black beans, tomatoes, cheese, jalapeño peppers and plenty of spices. They're absolutely delicious, customizable and make for an awesome weeknight dinner or game day snack.

INGREDIENTS:

- 2 sweet potatoes, look for ones that are long and narrow, sliced into ¼ inch rounds
- 2 Tablespoons olive or avocado oil
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1 teaspoon chili powder
- ½ teaspoon sea salt, plus more to taste
- ½ teaspoon pepper, plus more to taste
- ½ cup black beans
- 1 cup shredded Mexican cheddar cheese
- 1 jalapeno, sliced
- ½ cup grape/cherry tomatoes, chopped
- ¼ cup red onion, diced
- ¼ cup fresh cilantro, chopped
- 1 avocado, sliced or chopped (optional)



INSTRUCTIONS:

1. Preheat oven to 400°F. Spray a large baking sheet with olive oil or avocado oil cooking spray.
2. Slice sweet potatoes into ¼ inch rounds

3. In a large bowl, combine sweet potatoes, oil, garlic powder, onion powder, cumin, paprika, chili powder and sea salt and gently toss to coat. Place seasoned sweet potatoes on baking sheet, spacing out the pieces so that they roast instead of steam. Bake 25 minutes, tossing halfway until sweet potatoes are tender and starting to brown.
4. Remove the pan from the oven; push sweet potatoes together in the center of the pan. Top with black beans, sprinkle with cheese and add jalapeño slices on top. Return to the oven and bake until the beans are heated through and the cheese has melted, about 6-7 minutes.
5. Top sweet potatoes with chopped tomato, red onion and cilantro. Add avocado (if using) and serve directly from the sheet pan. You can also transfer to a platter for serving or portion into bowls.

- Spices: For a shortcut, use 2 Tablespoons of a taco seasoning blend instead of the garlic, onion, paprika, cumin and chili powder.
- Black beans: Any bean works as a substitute.
- Shredded cheese: You can use any cheese you'd like! If you need a dairy-free option, use a vegan shredded cheese.
- Jalapeño: If you're not a fan of spice, feel free to skip or swap with a bell pepper.
- Red onion: Feel free to use a yellow onion or green onion instead.

NUTRITION

Serving: 1/4 of
recipe | Calories: 311kcal | Carbohydrates: 32g | Protein: 13g | Fat: 16g | Saturated Fat: 6g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 5g | Cholesterol: 25mg | Sodium: 521mg | Potassium: 634mg | Fiber: 7g
| Sugar: 4g

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.