

Yam & Black Bean Tacos

4 SERVINGS 20 MINUTES

INGREDIENTS

- 2 cans of yams or sweet potatoes, drained and diced
- 1 can of black beans, drained and rinsed
- 8 whole wheat or corn tortillas
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1/2 teaspoon garlic powder
- 1/4 teaspoon cayenne pepper (adjust to taste)
- Optional Toppings: Salsa, Lettuce, Diced Tomatoes, Low-Fat Greek Yogurt (Healthier Sour Cream substitute), Cilantro, Limes.)

Adapted from: budgetbytes.com



Canned yams provide vitamins A and C, while black beans supply fiber and protein. The whole wheat or corn tortillas contribute whole grains, supporting digestive health.



Yam & Black Bean Tacos

4 SERVINGS 20 MINUTES

INGREDIENTS

- 2 cans of yams or sweet potatoes, drained and diced
- 1 can of black beans, drained and rinsed
- 8 whole wheat or corn tortillas
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1/2 teaspoon garlic powder
- 1/4 teaspoon cayenne pepper (adjust to taste)
- Optional Toppings: Salsa, Lettuce, Diced Tomatoes, Low-Fat Greek Yogurt (Healthier Sour Cream substitute), Cilantro, Limes.)

Adapted from: budgetbytes.com



Canned yams provide vitamins A and C, while black beans supply fiber and protein. The whole wheat or corn tortillas contribute whole grains, supporting digestive health.



PROCEDURE

1. In a skillet over medium heat, combine the diced canned yams and black beans.
2. Add cumin, chili powder, garlic powder, and cayenne pepper to taste (start with the amounts listed above). Stir well to coat the ingredients in the spices.
3. Cook until the yams are heated through, and the black beans are well-seasoned (about 10 minutes).
4. Heat the tortillas in a dry skillet or microwave according to the package instructions.
5. Spoon the yam and black bean mixture onto each tortilla.
6. Top the tacos with salsa, shredded lettuce, diced tomatoes, and chopped cilantro.
7. Squeeze fresh lime juice over the tacos before serving.

PROCEDURE

1. In a skillet over medium heat, combine the diced canned yams and black beans.
2. Add cumin, chili powder, garlic powder, and cayenne pepper to taste (start with the amounts listed above). Stir well to coat the ingredients in the spices.
3. Cook until the yams are heated through, and the black beans are well-seasoned (about 10 minutes).
4. Heat the tortillas in a dry skillet or microwave according to the package instructions.
5. Spoon the yam and black bean mixture onto each tortilla.
6. Top the tacos with salsa, shredded lettuce, diced tomatoes, and chopped cilantro.
7. Squeeze fresh lime juice over the tacos before serving.