

Sweet Potato Burritos (Vegetable, Grain, Protein)



Ingredients:

- 2 large sweet potatoes, peeled and diced
- 1 T olive or canola oil
- 1/4 t salt
- 2 1/2 t cumin, divided
- 15 ounce can reduced- sodium diced tomatoes
- 15 ounce can black beans, rinsed and drained
- 1 cup frozen corn
- 1 red bell pepper, diced
- 1/2 t cayenne pepper
- salt and pepper, to taste
- 4-6 whole-wheat tortillas, burrito size

Directions:

1. Preheat the oven to 400 degrees F.
2. In a pan, toss the sweet potatoes with the oil, and 1/2 t cumin, and roast for 25 or until soft and slightly browned.
3. In a large pot, mix the tomatoes, black beans, corn, red pepper, cayenne, and the remaining cumin. Cook on medium heat for 15 minutes, stirring often.
4. Prepare a casserole dish with non-stick cooking spray.
5. Divide the tomato-bean mixture and the roasted sweet potatoes between the tortillas.
6. Fold in the sides of each wrap, then the bottom, then the top. Place the burritos in the casserole dish and bake for 10 or until burritos are slightly browned.

Makes 4-6 servings.



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