

WTF DO I DO WITH

{ WHAT THE FORK }

Sweet Potatoes
& Sweet Onions ?



BAKO SWEET'S SWEET POTATO NACHOS

INGREDIENTS

- 2 medium sweet potatoes
- 2 **tbsp** coconut oil
- Salt and pepper
- $\frac{3}{4}$ **cup** of shredded cheddar cheese
- $\frac{1}{2}$ **can** black beans
- 1 tomato
- 1 jalapeño pepper
- $\frac{1}{4}$ **cup** cilantro
- $\frac{1}{2}$ **cup** salsa

SERVINGS: 4

Recipe credited to:
Kim's Healthy Eats



DIRECTIONS

- 1 Wash and slice potatoes with skins on. Melt coconut oil. Drain and rinse black beans. Dice tomatoes and jalapeños. Chop cilantro.
- 2 Place sliced sweet potatoes in a large bowl filled with water. Soak sweet potatoes for about an hour. Remove sweet potatoes and pat dry. Place in a bowl and drizzle with coconut oil, salt, and pepper.
- 3 Preheat oven at 400°F.
- 4 Place sweet potatoes on a large baking sheet in a single layer, making sure not to overcrowd the pan. You may need to use 2 baking sheets. Bake for about 15–20 minutes. Flip sweet potatoes and bake for another 10 minutes.
- 5 Remove from the oven and sprinkle with cheese. Place back in the oven for 5 minutes or until cheese is melted.
- 6 Remove from oven and place on serving dish. Top with black beans, tomato, jalapeño pepper, cilantro, and salsa.
- 7 Optional: Add dollops of sour cream, greek yogurt, or grilled onions.
- 8 Serve immediately.

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