

HONEY-LIME SWEET POTATO TACOS

Serves: 3-4

ingredients

1 ½ pounds sweet potatoes, with skin, and diced into ½ inch cubes
1 tablespoon high heat oil (i.e. avocado oil, culinary algae oil)
1 teaspoon ground cumin
1 teaspoon paprika
1 pinch cayenne pepper (or more if you like heat)
Salt and ground black pepper
1 small red onion, diced
2 cloves garlic, minced
1 can (15.5 ounces), no-salt added black beans, rinsed and drained
1 cup organic corn, frozen or fresh
2 tablespoons honey (or, agave for vegans)
Juice of 2 limes (about 3 tablespoons)
8 tortilla wraps/taco shells, such as Angelic Bakehouse®

Suggested toppings:

Fresh cilantro
Avocado
Salsa
Lettuce or Mixed Greens

directions

Start by cooking the sweet potatoes. For reducing cooking time, I recommend the following: Preheat the oven to 400 degrees Fahrenheit. Prepare a cookie sheet with parchment paper and set aside. After dicing the sweet potatoes, add them to a large microwavable bowl. Mix the seasonings (ground cumin, paprika, cayenne pepper, salt, and ground pepper) together in a small dish. Drizzle the oil over the bowl of sweet



potatoes and sprinkle the seasoning mixture. Toss sweet potatoes until evenly combined.

Microwave the sweet potatoes on the 'baked potato' setting, or for about 10 minutes. Before removing from the microwave, the sweet potatoes should be cooked, or nearly cooked.

To finish the sweet potatoes, add them to the preheated oven and roast for 10-15 minutes, until desired crispness is reached.*

While the sweet potatoes are in the microwave, heat a large skillet to medium heat. Add the diced onion and saute until translucent, about 6- 8 minutes. Add 1 tablespoon of water or vegetable broth at time if the onions begin to stick. Once onions are cooked, add the minced garlic. Cook for 30 seconds - 1 minute, until garlic is fragrant.

Reduce the temperature to medium-low heat. Add the beans, corn, honey, and lime juice. Cook until heated through, about 5 minutes. Once the potatoes are done, toss them in the saucepan.

Once tossed, serve in your favorite wraps or taco shells. Top with desired toppings and enjoy!

*As an alternative, If you have an air-fryer, you can add the microwaved cooked potatoes to the air fryer at 400 degrees for 10 minutes. This makes the potatoes wonderfully crisp!



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