

SWEET POTATO NACHOS



INGREDIENTS:

- 4 oz protein of choice or 1/2 cup TVP
- 1 sweet potato (~4 oz)
- 1/2 cup reduced fat shredded cheese
- 1 large red bell pepper
- 1 tbsp chopped red onion
- 1/4 cup black beans
- 1 tbsp cilantro (optional)

DIRECTIONS:

- 1) Cook the protein per preference and set aside (optional: use chipotle or taco seasoning)
- 2) Thinly slice the sweet potato or use a slicer. Soak the sweet potato slices for ~30-45 minutes
- 3) Remove from the water, slightly spray the potatoes with cooking oil
- 4) Pre-heat oven to 400 F. Place parchment paper on a baking sheet, distribute sweet potatoes evenly on the baking sheet
- 5) Bake for 20-25 minutes, flip, and bake for an additional 20-25 minutes or until they begin to crisp
 - *If you have an air fryer cook them on the "fries" setting for ~15 minutes. Shake the basket halfway
- 6) Top with protein, bell pepper, beans, red onion, and reduced fat cheese
- 7) Bake at 350 F for 10-15 minutes or until cheese melts
- 8) Top with fresh cilantro and enjoy!
 - **Macros will vary based on your chosen protein. Listed macros w/ lean ground turkey

Makes 2 Serving | ** Macros per Serving:
Calories: 376 | Protein: 28 g | Carbs: 29 g | Fat: 17 g | Fiber: 7 g