

Black Bean & Sweet Potato Tacos

Submitted By: Kelsey Merchant Time: 10 to 15 min.

Instructions

1. Cut up about 4 to 6 sweet potatoes into little squares and cook them on the skilled with minced garlic uncovered for about 7 minutes - stirring occasionally
2. Let cook for another 5 to 7 minutes while covered
3. Cook the black beans on the stove in a separate pan
4. Combine on a whole wheat shell with cilantro, salsa, and some low fat cheese

Notes:

If you cook sweet potatoes too long they will burn, so be careful and watch your heat!

Ingredients

4 to 6 sweet potatoes
Minced garlic
Black beans
Whole wheat shells
Cilantro
Salsa
Low Fat Cheese