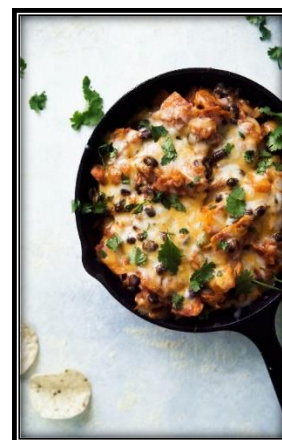


SWEET POTATO & BLACK BEAN ENCHILADA SKILLET

-----MAINS-----



INGREDIENTS

2 teaspoons olive oil
1 medium yellow onion, diced
3 cloves of garlic, minced
1 small jalapeno pepper, seeded and diced
3 cups 1/2-inch cubes peeled and diced sweet potatoes
1 teaspoon cumin
1 teaspoon chili powder
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1 15-ounce can black beans, rinsed and drained
8 yellow corn tortillas, cut into thick strips
1 15-ounce can red enchilada sauce
1 cup reduced-fat Colby Jack or Mexican cheese, divided in half
Cilantro and Greek yogurt for serving (optional)

DIRECTIONS

1. Heat olive oil over medium-high heat in large oven-proof skillet. Add onions, garlic, and jalapeno pepper; cook 2-3 minutes until onions become translucent and garlic is fragrant.
2. Add cubed sweet potato, cumin and chili powder and season with salt and pepper. Cook, stirring occasionally, until the potatoes are slightly tender, 15-18 minutes.
3. Add the black beans, corn tortilla pieces, and can of enchilada sauce and stir to combine. Reduce heat to medium-low and sprinkle in 1/2 cup of cheese.
4. Stir again and simmer for a few minutes. Turn on your oven broiler to high. Sprinkle an additional 1/2 cup of cheese over the top of the enchilada mixture and place in oven under broiler for 3-5 minutes until cheese melts and tortilla edges become golden brown. Remove from heat and serve immediately.
5. If desired, top with cilantro, Greek yogurt, guacamole, or hot sauce. Enjoy!

Yield:

6 servings

Total Cost:

\$6.48

Cost per Serving:

\$1.08

Variations/Tips: Use butternut squash in place of the sweet potatoes. Only cook the squash until tender; if you overcook it, it will turn to mush. Use your favorite type of cheese in place of the Colby or Mexican cheese.

Source: AmbitiousKitchen.com

Nutritional Info (per serving): 300 calories, 6.3 g fat, 2.6 g saturated fat, 11.3 g protein, 50 g carbohydrate, 8.9 g fiber, 802 mg sodium