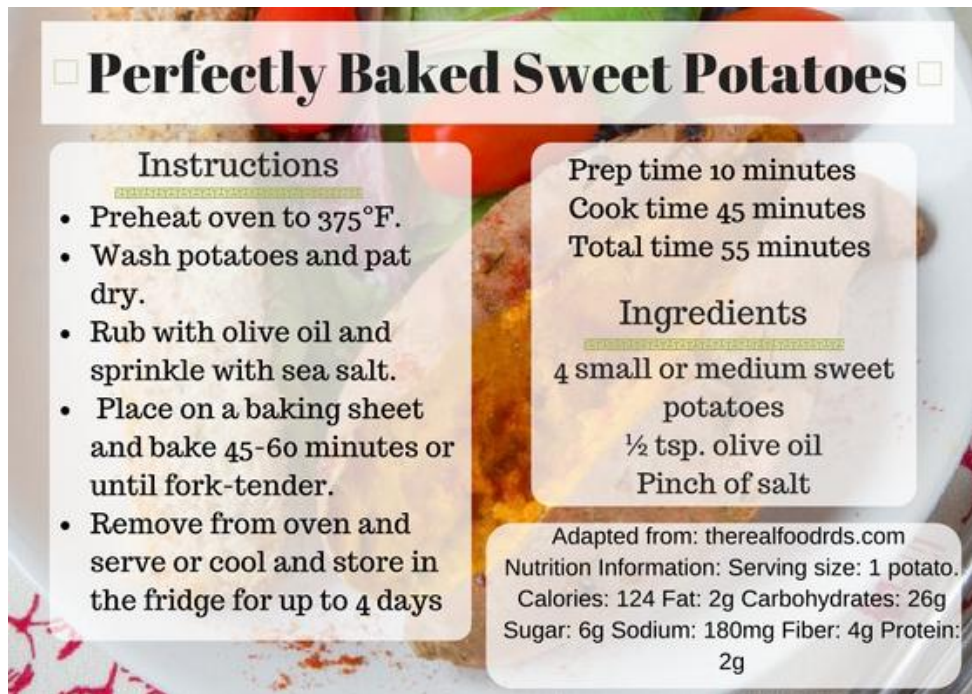


Class 1: Sweet and Savory Sweet Potatoes

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□ **Perfectly Baked Sweet Potatoes** □

Instructions

- Preheat oven to 375°F.
- Wash potatoes and pat dry.
- Rub with olive oil and sprinkle with sea salt.
- Place on a baking sheet and bake 45-60 minutes or until fork-tender.
- Remove from oven and serve or cool and store in the fridge for up to 4 days

Prep time 10 minutes
Cook time 45 minutes
Total time 55 minutes

Ingredients

- 4 small or medium sweet potatoes
- ½ tsp. olive oil
- Pinch of salt

Adapted from: therealfoodrds.com
Nutrition Information: Serving size: 1 potato.
Calories: 124 Fat: 2g Carbohydrates: 26g
Sugar: 6g Sodium: 180mg Fiber: 4g Protein: 2g



Taco Seasoning

- 1 ½ teaspoons of chili powder
- ¼ teaspoon of garlic powder
- ¼ teaspoon of oregano
- ½ teaspoon of smoked paprika
- 1 ½ teaspoons of cumin
- 1 teaspoon black pepper

Sweet Potato and Quinoa Chili

Ingredients

- 3 C diced sweet potato (about 1 large)
- 1 C diced red onion (about 1 small)
- 2 C diced bell peppers (about 2 medium)
- 3 garlic cloves, minced
- 1 (15 oz.) can low sodium black beans
- 1 (28 oz.) can of fire roasted tomatoes
- 2-3 C low sodium vegetable broth
- 2 Tbsp tomato paste
- 1/2 C uncooked quinoa
- 1 1/2 Tbsp chili powder
- 2 tsp cumin
- 2 tsp paprika
- 1/2 tsp cayenne
- salt and pepper to taste

Prep time 15 mins Total time
4 hours 15 mins

Instructions

1. Add all ingredients into a crock pot and cook on high for four hours.
2. After four hours, turn heat down to low and continue to cook until ready to serve.

Adapted from Simply Quinoa

Notes: Chili can cook up to 6 hours on low heat and produce same product

Serve with diced avocado or guacamole to add some healthy fat into the meal!

Nutritional Information:

Servings per recipe: 10 Serving Size: 1 cup.
Calories: 160 Fat: 1g Carbohydrates: 31g
Sugar: 7g Sodium: 347mg Fiber: 6g
Protein: 6g

Ingredients

For Sweet Potatoes

- 1 medium sweet potato, cubed
- 2 tsp olive oil
- salt and pepper to taste

For Taco Meat

- 1 medium onion, diced
- 2 tsp olive oil
- 3 garlic cloves, minced
- 2 lbs ground beef
- 1 packet taco seasoning

For Lettuce Wrap

- 1 head of butter lettuce, leaves separated, washed, and dried
- 1 can of low sodium black beans
- 1 large bell pepper, sliced

Optional Toppings

- Cheese, avocado, corn, plain Greek yogurt, guacamole

Black Bean, Sweet Potato, and Ground Beef Lettuce Wrap

Notes:

- This recipe makes a great grab-and-go lunch!
- The meat for this recipe freezes well! Let meat cool, then transfer to a freezer safe Ziploc bag. Remove as much air from bag as possible before sealing and placing in freezer.
- Recipe modified from: Good Life Eats

Instructions

Preheat oven to 425 degrees F

For the Sweet Potatoes

- Add sweet potatoes, olive oil, salt and pepper to an oven safe pan
- Cook at 425 for 15-20 minutes, or until they are tender and lightly browned.
- Meanwhile, prepare taco meat

For the Taco Meat

- In a large skillet, heat olive oil over medium heat. Add onion and saute for 3-5 minutes, or until tender and golden. Add minced garlic and saute for an additional 2-3 minutes, until fragrant.
- Then, add meat and taco seasoning. Use a wooden or heat safe plastic spatula to break meat into crumbles while browning, making sure to evenly mix the seasoning in.
- Cover skillet with lid and keep warm over low heat, removing the lid and stirring meat periodically so that nothing burns on the bottom of the pan.

For the Lettuce Wraps

- Serve lettuce leaves and all toppings in separate bowls to allow for individuals to assemble their own wraps according to their liking.
- To eat, fold the lettuce leaf in half and eat like a taco. Note that each lettuce leaf will hold different amounts because they vary in size.

