



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Boost Your Nacho Game!

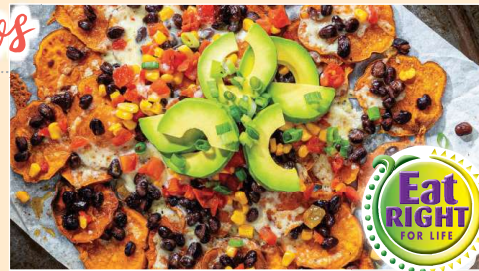
Whether you serve up nachos for game time or dinner, you can swap the tortilla chips for a nutrient-dense alternative. Thinly sliced sweet potatoes can be baked into chips and then topped with your favorite nacho ingredients. They contain high amounts of beta-carotene and rich sources of vitamins A and C, fiber, and potassium. When selecting sweet potatoes, choose firm varieties with smooth textures and unblemished skins that feel heavy for their size. When the price is right, stock up. You can store sweet potatoes in a cool, dark, well-ventilated area for three to four weeks. They make a hearty addition to comfort foods, just add small chunks to chili, soups, tacos, salads, and stews.



Sweet Potato Nachos

Ingredients:

- 3 medium sweet potatoes, sliced
- 2 Tbsps. olive oil
- 1/2 tsp. ground cumin
- 1/4 tsp. kosher salt
- 1/4 tsp. ground black pepper
- 1 cup shredded reduced fat Cheddar and/or pepper Jack cheese
- 1 can (10 ounces) diced tomatoes & green chilies, drained
- 1 cup corn kernels
- 3/4 cup drained and rinsed no salt added black beans
- 3 green onions, thinly sliced
- 1 avocado, peeled, pitted, and thinly sliced



Directions:

- Preheat oven to 450°, line rimmed baking pan with aluminum foil and spray with cooking spray.
- Clean the sweet potatoes under running water. Then, cut each crosswise into 1/4-inch-thick slices.
- In large bowl, toss potatoes, oil, cumin, salt and pepper; spread on prepared pan. Bake potatoes 30 minutes or until crisp, stirring potatoes once. Top potatoes with cheese, tomatoes, corn, and beans; bake 5 minutes or until cheese melts. Serve nachos topped with onions and avocado. Makes about 8 cups.