

# Meal Kit List

## Week 3: Sweet Potato Taco

### Fruit:

- no fruits this week

### Vegetables:

- 6 sweet potatoes- \$1.99
- 1 cup frozen corn-\$0.99 per 16 ounce
- 1 stalk green onion-\$0.99
- 1 tomato- \$0.46
- 1 red onion- \$0.60
- 2 avocados- \$1.00 each

### Protein:

- canned black beans - \$0.49

### Dairy:

- no dairy this week

### Grains:

- no grains this week

### Herbs, Spices & More:

- limes- \$0.50 each
- cilantro- \$0.99 per bunch
- salsa- \$1.79 per 16 ounce jar
- garlic powder
- cumin
- salt and pepper

Grocery cost: \$10.80

Recipe cost: \$10.30

Cost per meal: \$1.72

\*prices found at your local Wegmans store

Healthy Options<sup>®</sup>

Cooking at Home

# Sweet Potato Taco

## Week 3 Recipe



### Ingredients:

- 6 sweet potatoes
- 15 oz can black beans; drained and rinsed
- 1 cup fresh or frozen corn
- 1 stalk green onion; chopped
- 3 limes; with 1 sliced into four wedges
- 1/4 tsp garlic powder
- 1/4 tsp cumin
- salt and pepper to taste
- 1 Roma tomato
- 1/2 red onion
- 1/4 cup cilantro; divided
- 2 avocados
- 1/3 cup salsa

### Directions:

1. Preheat oven to 450°F. Pierce sweet potatoes with a fork several times.
2. Bake for about 50 minutes, or until soft throughout. While the potatoes are baking, prepare the stuffing.
3. Heat oil in a saute pan over medium heat. Add onions, tomatoes, corn, black beans, garlic powder, cumin, green onions, lime juice, cilantro, and salt and pepper to taste. Cook until soft and warm.
4. Make a 3 inch cut 3/4 of the way down in each potato. Open up then add the filling.
5. Top with avocado and cilantro. Optional add on Greek yogurt.
6. Enjoy!

### Nutrition Facts

servings per container

**Serving size**      **1 sweet potato  
with 1/2 cup  
filling**

Amount per serving

**Calories**                      **280**

% Daily Value\*

**Total Fat** 7g                      **9%**

Saturated Fat 1g                      **5%**

Trans Fat 0g

**Cholesterol** 0mg                      **0%**

**Sodium** 180mg                      **8%**

**Total Carbohydrate** 50g                      **18%**

Dietary Fiber 8g                      **29%**

Total Sugars 8g

Includes 0g Added Sugars                      **0%**

**Protein** 8g

Vitamin D 0mcg                      0%

Calcium 55mg                      4%

Iron 1mg                      6%

Potassium 1102mg                      25%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.