

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

Healthy Options®

Cooking at Home

Grocery cost: \$10.80

Recipe cost: \$10.30

Cost per meal: \$1.72

*prices found at your local Wegmans store

www.healthyoptionsbuffalo.com

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.