

Fresh Veggie Series

Vine & Fig Educational Outreach Program

This Week's Produce Items

Friendly Neighbor Gardens:
Sweet potatoes



Recipe of the Week: Loaded Taco Sweet Potatoes

- Sweet potatoes
- 1/2 onion, chopped
- 1 poblano pepper (or green/red pepper), chopped
- 2 garlic cloves, chopped
- 1 tbsp cumin
- 1/2 tbs chili powder
- 1/2 tbs oregano
- 3/4 cup of salsa verde
- 1 can black or red beans (drained)
- 1 can of red kidney beans (drained)
- 1/2 cup of chopped cilantro
- Lime juice (optional)
- Shredded cheese

Instructions

1. Saute the onion, pepper and garlic in olive oil.
2. Add spices, beans, salsa, cilantro and lime.
3. Bake sweet potatoes until well done.
4. Cut in half and smash.
5. In an oven safe dish, place bean mixture on top of sweet potatoes. Add shredded cheese.
6. Place back in the oven for 15 minutes until the cheese is melted. Enjoy!



vinefigeducation.org/recipes