



Black Bean & Sweet Potato Taco

Prep time: 15 Cook Time: 35 Servings: 100

Better For You,Entrees,Kids,Corn Tortillas,K-12,Modern Mexican,Plant-Based Preferences

Ingredients

INGREDIENT	CODE	PREP	QUANTITY
6" White Corn Tortilla	10620		100 each
Fresh Baby Spinach Leaves			25 oz.
Low-Sodium Black Beans		drained, warm	6 can
Caramelized Sweet Potatoes			
Smoky Cumin Yogurt Sauce			

Instructions

1. Preheat conventional oven to 350°F.
2. Spray corn tortillas with non-stick spray and bake on sheet pans for 4 to 6 minutes or until warm and crisp on edges. Remove and fold while warm to create a rustic taco shape.
3. Serving Instructions: Place ¼ cup baby spinach leaves in center of baked taco shell, top with ½ cup warm beans, ½ cup warm caramelized sweet potatoes, and drizzle with 1 tablespoon smoky cumin yogurt sauce.



Caramelized Sweet Potatoes

Prep time: Cook Time: Servings: 100

Ingredients

INGREDIENT	CODE	PREP	QUANTITY
Frozen Diced Sweet Potatoes		thawed	30 lbs.
Brown Sugar			6.25 cup
Salt			1/4 cup
Ground Cumin			1/2 cup
Ground Cayenne Pepper Sauce			1 Tbsp.

Instructions

1. Preheat oven to 375°F.
2. In large mixing bowl, combine sweet potatoes, brown sugar, salt, cumin and cayenne pepper.
3. Transfer to parchment-lined sheet pans and bake for 35 minutes or until tender and caramelized.



Smoky Cumin Yogurt Sauce

Prep time: Cook Time: Servings: 100

Ingredients

INGREDIENT	CODE	PREP	QUANTITY
Low-Fat Yogurt		plain	3 cup
Fat-Free Sour Cream			3 cup
Ground Cumin			1/4 cup

Instructions

1. In medium mixing bowl, combine yogurt, sour cream and cumin and transfer to a plastic squeeze bottle; hold refrigerated.

