

Sweet Potato Tacos

Ingredients for 12 tacos:

1 garlic clove
600 g American sweet potatoes
3 tbsp olive oil
1 tbsp maple syrup
Salt, freshly ground pepper
2 red bell peppers
1 small red chili pepper
1 small iceberg lettuce
1 lime
2 ripe avocados
50 g walnuts
400 g Sour cream
1 pack Taco Shells (12 pieces)



Directions:

1. Preheat the oven to 200°C top/bottom heat. Peel garlic and cut into slices. Peel and wash sweet potatoes, cut into cubes of approx. 2x2 cm and mix with 2 tablespoons oil, maple syrup and garlic and season with salt and pepper. Place the sweet potato mixture on a baking tray lined with baking paper and cook in the oven for approx. 20 minutes.
2. Cut the red bell peppers and the chili in half, remove the seeds and stems, wash and cut into strips. Sauté the bell peppers in the remaining heated oil for approx. 5-7 minutes. Add the chili and season with salt and pepper. Cut salad into strips, wash and spin dry.
3. Cut the lime in half and squeeze out the juice. Halve the avocados, remove the stones and the flesh. Cut the flesh into slices and sprinkle with lime juice.
4. Chop the walnuts finely and mix with sour cream. Fill the taco shells with the ingredients, garnish with walnut sour cream and serve.

Tip: The filling also tastes very good if you combine it with fried minced meat or turkey meat.

Preparation time: approx. 40 minutes

American Sweet Potato Marketing Institute

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Nutrition facts:

Energy: 880 kcal/ 3690 kJ

Carbohydrates: 76 g

Protein: 19 g

Fat: 52 g

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