



WHAT'S FOR DINNER?



Are your taste buds craving a flavorsome fiesta? These Sweet Potato & Bean Flautas are easy to make, delicious and nutritious. It's a fun food meal made with fresh and packaged ingredients from this week's Grocery Grab N Go and Long Beach Food Pantry Delivery.

SWEET POTATO & BEAN FLAUTAS

Nutritional Facts:

Beans, sweet potato, tomato, peppers, and onions together are high in fiber; protein antioxidants; folic acid, potassium, magnesium, phosphorus, chromium, vitamins A, C, and B vitamins. Additionally, chicken, and cheese are a good source of calcium, protein, niacin, and vitamin D. All this nutritional value helps to maintain digestive and heart and organ health, healthy blood sugar and cholesterol levels, weight; bone and muscle strength; immune function and overall well-being.

Ingredients:

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| 9 corn tortillas | 1/2 teaspoon cilantro |
| 1 cup black beans or pinto beans (drained) | 1/2 teaspoon cumin |
| 1 cup chopped tomato and green peppers | 1/4 teaspoon ground cayenne or red pepper flakes optional |
| 1 small/medium sweet potato | 4-6 ounces grated cheese* plus extra to taste |
| 1/4 cup diced onion | 1-2 Tablespoons taco sauce or salsa |
| 1/2 teaspoon chili powder | salt and pepper to taste |
| 1/2 teaspoon garlic powder | olive oil spray |
| 1/2 cup chopped chicken (optional) | |

Instructions:

1. Pre-heat oven to 425F. Poke a few holes in the sweet potato, wrap it in a damp paper towel, and microwave on high for about 6-8 minutes. Mash the inside with a fork.
2. In a bowl combine the flesh of the sweet potato, with tomato, peppers, onion, black beans, garlic, chili, cumin, cilantro, cayenne, taco sauce, salt and pepper. Mix thoroughly.
3. Wrap tortillas in a damp paper towel and microwave on high for 30-60 seconds to steam
4. Spray each tortilla with oil. In the center of the tortilla, spread the veggie mix in a 1 inch thick line.
5. Add a layer of cheese and roll the tortilla. Place on a wire/cooling rack and hold together with a toothpick.
6. Spray a small amount of oil on both sides to make them crispy. Bake on the middle rack, at 425F, for 15 minutes. Broil on HIGH for a minute to crisp the tortillas into a golden, crunchy shell.
7. Remove and add any remainder filling on-top and serve with salsa, guacamole, or yogurt.

Eat & Enjoy!

Recipe adapted from www.peasandcrayons.com

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