



Sweet Potato, Black Bean and Caramelized Onion Burritos

The caramelized onion with the sweet potato takes on a superb flavor with the black beans adding a Southern touch.

Ingredients:

- 2 Cups thinly sliced red onion
- 2 Teaspoons sugar
- 3 Cups fresh sweet potatoes (yams) baked and cut into chunks or 2 (15 oz.) cans sweet potatoes, drained and cut into chunks
- ½ Teaspoon ground cumin
- 1 (15 ounce) can black beans, drained
- 8 (6 inch) flour tortillas
- 3 Tablespoons light margarine, melted

Instructions:

Preheat oven to 350 degrees. Coat large skillet with nonstick cooking spray and heat over medium high heat. Add onion and sugar; sauté 5 minutes or until tender, stirring. Reduce heat to medium and continue cooking for 10 to 15 minutes or until onion is caramelized or deep golden brown. Remove from heat and stir in sweet potatoes, cumin and black beans, mixing gently. Spoon mixture evenly down venter of each tortilla. Roll up tortillas jelly roll style and place rolls seam side down in an oblong casserole dish coated with nonstick cooking spray. Drizzle melted margarine over burritos. Cover and bake 10 to 15 minutes or until well heated and crispy on outside.

Serving Size: 8

Cook Time: 45 minutes

Credits:

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