

From Lisa's Kitchen: Sweet Potato Burritos

This is my Flex•Able take on a Moosewood Restaurant recipe. This recipe doubles well, so it's perfect for making ahead and freezing. There is a lot of healthy and delicious filling stuffed into these burritos, so be sure you're hungry!

Sweet Potato Burritos

Serves 4 to 6

3 medium sweet potatoes, peeled and cubed
2 teaspoons canola oil
2 large onions, diced
4 large garlic cloves, minced or pressed
1 tablespoon minced fresh green chile
4 teaspoons ground cumin
4 teaspoons ground coriander
2 15-ounce cans black beans, rinsed and drained

OR

1 ½ pounds grilled chicken, cut into bite-sized pieces
⅔ cup lightly packed cilantro leaves, chopped
2 tablespoons fresh lemon juice
cooking spray
8 eight-inch flour tortillas
fresh salsa for serving (purchase from produce section)

Preheat oven to 350°.

Place sweet potatoes in large saucepan with water to cover. Cover pot, bring to a boil then simmer until tender, about 15 minutes. Drain well, mash with a potato masher or large fork, and set aside.

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Heat the oil in a medium saucepan over medium heat. Add onions, garlic and chile. Reduce heat to medium-low, cover and cook until onions are tender, stirring occasionally, about 7 minutes. Add the cumin and coriander and cook for 2 minutes longer, stirring frequently. Remove from heat.

In a large bowl, combine the mashed sweet potatoes, onion mixture, black beans or chicken, cilantro and lemon juice.

Lightly spray a 9x13-inch baking dish. Spoon about $\frac{2}{3}$ to $\frac{3}{4}$ cup of the filling in the center of each tortilla, roll up and place it, seam side down in the baking dish. Cover tightly with foil and bake for about 30 minutes. Remove foil and bake for another 5 minutes to crisp the tortillas. Alternatively, you can wrap bake one at a time as you need them. Wrap the uncooked burritos tightly in plastic wrap, place in a zipper bag and refrigerate or freeze until needed. Serve with fresh salsa.