Corn and Sweet Potato Burritos

Source: Power Foods for the Brain by Neal Barnard, MD; recipe by Christine Waltermeyer, CHHC

Sweet potatoes are the dietary staple of Okinawans, the longest-lived people on Earth, who are known for maintaining mental clarity into old age.

About the Recipe

298 Calories · 13 g Protein · 15 g Fiber
Dinner

Sweet potatoes are rich in beta-carotene, a powerful antioxidant that strengthens your memory and your immune system.

Ingredients

Makes 4 Servings

- 2 sweet potatoes, peeled and diced into 1/2-inch (1.3-cm) cubes
- 1 c (166 g) corn
- 1 1/2 c (360 g) black beans, drained and rinsed
- 1 green onion, thinly sliced
- 1 tbsp (15 mL) lime juice
- 1 tsp (5 mL) chili powder
- 1/4 tsp (1.2 mL) iodized salt
- 1/8 tsp (0.6 mL) ground black pepper
- 4 8-inch (20-cm) whole-wheat tortillas
- 1 c (259 g) salsa
- 2 c (144 g) romaine lettuce, shredded

Directions

1. Place the sweet potatoes in a medium saucepan and add water to come an inch up the sides. Place over medium-high heat and bring to a boil; cook for 5 minutes, or until the sweet potatoes are tender.
2. Add the corn kernels (frozen or fresh) and cook 1 more minute.
3. Drain and transfer to a large bowl.
4. Add the black beans, green onion, lime juice, and chili powder; season with salt and pepper to taste. Warm the tortillas.
5. Divide the filling among the tortillas, top with the salsa and lettuce, roll the burritos, and serve.

Nutrition Facts

Per serving:

Calories: 298

Protein: 13 g

Carbohydrate: 62 g

Sugar: 8 g

Total Fat: 2 g

Calories From Fat: 7%

Fiber: 15 g

Sodium: 891 mg