

# 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