

Sweet Potato Burritos

Source: Power Foods for the Brain by Neal Barnard, M.D.; recipe by Christine Waltermeyer, C.H.H.C.

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

- sweet potatoes, peeled and diced (2 cups)
- frozen corn kernels (1 cup)
- low-sodium black beans, drained and rinsed (1 15-ounce can)
- very thinly sliced green onion (1 teaspoon)
- fresh lime juice (1 tablespoon)
- chili powder (1 teaspoon)
- sea salt (to taste)
- freshly ground black pepper (to taste)
- 8-inch whole-wheat tortillas, warmed (4)
- prepared salsa (1 cup)
- shredded lettuce (2 cups)

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 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.
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