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Chipotle Black Bean and Chicken Sweet Potato Toast

Ingredients

Sweet potato, 2 large
Olive oil, 1 tbsp plus 2 tsp
Canned black beans, 1 cup
Plain Greek yogurt, 1/3 cup
Tomato Paste 1 tbsp
Chipotle chile pepper in adobo sauce, 1 pepper
Lime juice, 2 tsp
Garlic powder, 1 tsp
Cumin powder, 1/2 tsp
Cooked chicken (sliced), 2 cups
Cilantro, 1/4 cup
Salt and pepper

Directions

1. Preheat oven to 400 degrees F.
2. Cut ends off sweet potatoes, then cut lengthwise into 1/4-inch slices.
3. Line a baking sheet with parchment paper and arrange slices in a single layer.
4. Brush slices with 1 teaspoon olive oil and season with salt and pepper.
5. Roast for 10 minutes, flip potato slices, brush with 1 teaspoon olive oil, and heat for another 10 minutes or until fork tender.
6. To make the black bean spread, place beans, yogurt, 1 tablespoon oil, tomato paste, chipotle chili pepper, lime juice, garlic powder, cumin and a couple pinches salt in a blender or food processor container, and blend until slightly chunky.
7. Spread bean mixture on sweet potato toast and top with chicken and cilantro.

Nutrition Facts:

Serving Size: 1/4 of recipe
Recipe Yields: 4 servings

Calories: 289

Total Fat: 9 g

Total Carbs: 24 g (5 g fiber)

Protein: 28 g