



Sweet Potato Nacho Fries

Avocado oil (olive oil isn't recommended for high temp cooking)

2 medium sweet potatoes (about 1½ pounds), cut into sticks about ¼ inch thick

Sea salt

2 tablespoons sour cream

2 tablespoons taco seasoning

1 tablespoon lime juice

1 sliced sweet pepper

Chopped jalapeno pepper

1 cup corn kernels, fresh or frozen

1 cup shredded Cheddar cheese

1 can black beans, rinsed

½ cup cherry tomatoes, halved or quartered if large

2 green onion sliced

1 avocado, chopped

2 tablespoons chopped cilantro

Preheat oven to 425°F.

Heat oil in a large cast-iron skillet over medium-high heat. Add sweet potatoes and ¼ teaspoon salt. Cook, stirring occasionally, until beginning to brown, 5 to 7 minutes.

Transfer the pan to the oven and bake until the sweet potatoes are soft, 15 to 20 minutes.

Meanwhile, combine sour cream, lime juice, taco seasoning and the remaining pinch of salt in a small bowl.

Top the sweet potatoes with corn, peppers, cheese and beans. Continue baking until the cheese is melted, about 5 minutes. Top with tomatoes, onions and avocado.

Drizzle with the sour cream mixture. Serve topped with cilantro (if using).