BetterBody Foods

Street Corn Sweet Potato Bowl

Prep: 10 min Cook: 45 min Total: 1 hr Servings: 4

Calories: 320 Fat: 10g Protein: 11g Carbs: 46g Fiber: 10g

Ingredients

- 2 pounds sweet potatoes, chopped into 1 inch cubes
- 1 Tbsp BBF Avocado-Olive Oil Blend
- 2 tsp butter
- 3/4 tsp cumin
- 1 tsp paprika
- 1 tsp chili powder
- 1/2 tsp garlic powder
- 3 tsp salt
- 1 can black beans, rinsed and drained
- 1 bag frozen corn
- 1 bunch of cilantro
- 1/3 cup cottage cheese
- 2 limes, juiced and zested
- avocado for topping

Directions

1. Preheat the oven to 400 degreesF. In a medium bowl, toss the sweet potatoes with avocado-olive oil, cumin, 1/2 tsp salt, paprika, and chili powder until evenly coated. Spread the sweet potatoes in a single layer on a parchment-lined baking sheet and roast for 40-45 minutes, or until tender and slightly crispy.

2. While the sweet potatoes are roasting, prepare the beans by warming them in a small pan over medium heat with a splash of water, 1/4 tsp garlic powder, and 1 tsp salt. Stir occasionally until heated through.

3. In another small pan, cook the corn over medium heat with butter, 1/4 tsp paprika, and 1/2 tsp salt, stirring until warmed and lightly coated.

4. For the dressing, add the washed cilantro (stems trimmed), lime zest and juice, cottage cheese, 1/4 tsp garlic powder, and 1/2 tsp salt to a small blender. Blend until smooth and creamy.

5. Once the sweet potatoes are done, assemble your bowl with sweet potatoes, corn, beans, avocado, and drizzle with the cottage cheese dressing.

6. Enjoy your Street Corn Sweet Potato Bowl!