

# Roasted Sweet Potato and Cauliflower Tacos

*w/Chipotle Cashew Cream*

## Ingredients:

### Vegetables

- 1 small cauliflower (6 cups florets), cut into bite-sized pieces
- 1 large sweet potato (3 cups diced), diced into ½-inch cubes
- 1 tbsp olive oil
- 1 tsp each: chili powder, ground cumin, smoked paprika
- ½ tsp each: garlic powder, dried oregano
- 1 (14-oz) can black beans, drained and rinsed
- 1 lime, juiced
- Salt and pepper, to taste
- Optional Toppings: charred tortillas, mashed avocado, cilantro and lime wedges

### Chipotle Cashew Creme

- ½ cup raw unsalted cashews
- 1 chipotle pepper and 1 tsp adobo sauce
- 1 garlic clove
- ½ tsp each: chili powder, smoked paprika, ground cumin
- ¼ tsp salt
- ½ cup water
- 1 lime, juiced

## Directions:

1. Preheat oven to 425°F and line a baking sheet with parchment paper. Prep all ingredients: cut cauliflower into florets, dice sweet potatoes, and measure spices.
2. Toss cauliflower and sweet potatoes with olive oil and spices in a large bowl and spread evenly on baking sheet.
3. Roast in the oven for 30 minutes, shaking the pan halfway through. In the last 5 minutes, add black beans to the pan to warm. Remove from oven and squeeze lime juice over the veggies.
4. While veggies roast, blend cashews, chipotle pepper and adobo sauce, garlic, spices, water, and lime juice until smooth.
5. Assemble Tacos: Fill tortillas with roasted veggies, black beans, and a drizzle of cashew crema. Add toppings like mashed avocado, cilantro, or lime juice.



*These veggie-loaded tacos are a nutritious twist on a classic dish. By using roasted cauliflower, sweet potatoes, and black beans, you pack in fiber, vitamins, and plant-based protein, supporting digestive health and sustained energy. Incorporating vegetables into traditional dishes like tacos is an easy way to boost nutrient density while still enjoying familiar flavors. The addition of chipotle cashew crema adds healthy fats and a smoky kick, rounding out this wholesome, satisfying meal.*

# Swiss Chard, Leek and Sweet Potato Frittata

## Ingredients:

- 1 tbsp olive oil
- 2 tbsp unsalted butter, divided
- 1 lb sweet potato, peeled and cubed (about 2 medium)
- 1 medium leek, washed
- 1 bunch rainbow chard, washed
- 8 large eggs
- 1/3 cup milk
- 1/2 tsp Dijon mustard
- 1/2 tsp dried oregano
- 1 tsp salt
- 1/4 tsp grated nutmeg
- 1/2 tsp black pepper
- 3/4 cup grated cheddar cheese



## Directions:

1. Preheat oven to 375°F and line a pie dish with a 10-inch round of parchment paper.
2. Heat 1 tbsp butter and olive oil in a large skillet over medium-high heat. Add cubed sweet potato and cook for 10 minutes, stirring occasionally.
3. Chop leeks into 1/2-inch pieces (about 1 1/2 cups). Add leeks to the skillet and cook for 5 minutes, until sweet potato is soft and leeks turn bright green. Transfer mixture to the pie dish.
4. Chop chard stems into 1/2-inch pieces and slice leaves into ribbons. Melt remaining butter in the skillet, add stems, and cook for 2 minutes. Add leaves and cook until wilted. Add chard to the pie dish.
5. In a medium bowl, whisk eggs, milk, mustard, oregano, salt, nutmeg, and black pepper. Pour over vegetables in the pie dish. Sprinkle with grated cheese.
6. Bake on the top oven rack for 20–25 minutes, until puffed and firm in the center. Cool slightly before slicing and serve warm or cold.

*This vegetable-packed frittata is rich in nutrients and perfect for meal prep. Sweet potatoes provide fiber and vitamin A for healthy skin and eyes, while leeks and rainbow chard are loaded with antioxidants and essential vitamins like K and C. Eggs contribute high-quality protein and choline, supporting muscle maintenance and brain health. The dish is versatile and stores well, making it a convenient, balanced meal option for busy days.*

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