Sweet Potato Tacos Made Lighter and Brighter with Cabbage Cups

By Katie Mae

For the first two years I was eating a plant-based diet, I had sweet potato tacos probably 5-6 times per week. Sometimes for dinner, sometimes for lunch. Actually, when I was first making sweet potato tacos, I put them in organic corn tortillas just as you would expect tacos to be served. It was just recently that I got the idea to use cabbage cups as the taco shell. I was a little hesitant about the cabbage texture because it's completely different than that of a soft or hard shell tortilla. They were so delicious that I joyfully ate four cabbage cup tacos! YUM YUM YUM!

Ingredients

- 2 Medium-sized cooked sweet potatoes, mashed (any potato works)
- 1 1/2 Cups Cooked black beans (15ounce can, partially drained)
- 1/2 Tsp Ground cumin
- 1/2 Tsp Chili powder

Serves: Makes 6 tacos
Prep Time: 10 min
Cook Time: 5 min
Directions

1. Set freshly cooked and mashed sweet potatoes aside. If the sweet potatoes were cooked previously and are cool, then warm them up on the stovetop or in the microwave.

2. In a medium saucepan over medium-low heat, add the black beans, cumin, chili powder, and salt-free seasoning. Heat the beans for 5 to 10 minutes, stirring occasionally.

3. To assemble the tacos: First spread a layer of sweet potatoes, about 1/4 cup across the center of a lettuce cup or romaine leaf. Add about 1/4 cup of the black beans over the sweet potatoes. Top with diced tomatoes, avocado, and a squeeze of lime juice. Enjoy!

CHEF’S NOTES If you want the cabbage cups to be a little bit softer and warmer, layer the sweet potato into the cabbage cups and then microwave them for just 30 seconds. Then continue filling the cups with the other toppings.