



SECOND HARVEST
of SILICON VALLEY

Sweet Potato and Kale Tacos

Ingredients

Taco Filling:

2 sweet potatoes, peeled and chopped
2 tbs olive oil
1/2 tsp ground ginger
1 small onion, chopped
1/3 cup water
1 bunch of kale, de-stemmed and sliced
(or cabbage if preferred)
1 tbsp lemon juice
Salt and black pepper to taste
4 corn tortillas

Yogurt avocado crema:

1/2 cup plain yogurt
1 ripe avocado
1 clove garlic, minced
1 tbsp lemon juice
Salt and black pepper to taste

Directions

1. Heat oil in large skillet. Sauté sweet potatoes, stirring frequently for 10 minutes.
2. Add ginger. Toss well, about 1 minute.
3. Add onions and water. Cook uncovered until soft, about 8 minutes, stirring occasionally.
4. Add kale, stir, and cook until done, about 2 minutes.
5. Sprinkle lemon juice, salt and black pepper.
6. Make sauce by mixing yogurt, avocado, garlic, lemon juice, salt and black pepper.
7. Heat tortillas in the microwave for 20 seconds.
8. Assemble tacos.

Servings: 4

Total Time: 35 minutes