



American  
Heart  
Association.

November

# GRATITUDE IS GOOD MEDICINE

A regular gratitude practice can make you healthier and lead to:

- Better mood
- Better sleep
- Lower blood pressure
- Improved immune function



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## Sweet Potato Nachos

### Ingredients

- Cooking spray
- 3 medium sweet potatoes (about 1 pound), peeled and thinly sliced into 1/4-inch thick rounds
- 1 tablespoon olive oil
- 1 1/2 teaspoons paprika
- 1 teaspoon chili powder
- 1 teaspoon garlic powder

- 1/3 cup no-salt-added black beans, rinsed and drained
- 1/3 cup low-fat shredded Cheddar cheese
- 1/3 cup chopped tomato (1 medium Italian plum [Roma] tomato) - OR - 1/3 cup canned no-salt-added diced tomatoes, rinsed and drained
- 1/3 cup chopped avocado

### Directions

1. Preheat the oven to 425°F. Line two medium baking pans with aluminum foil. Lightly spray the foil with cooking spray.
2. In a large bowl, toss together the sweet potatoes, oil, paprika, chili powder, and garlic powder. Spread the sweet potato mixture in a single layer in the baking pans.
3. Bake for 10 minutes. Using a spatula, turn over the sweet potatoes. Bake for 5 to 10 minutes, or until crisp.
4. Remove the pans from the oven. Sprinkle the beans and Cheddar over the sweet potatoes. Bake for 2 minutes, or until the Cheddar melts.
5. Sprinkle with the tomato and avocado.

6 Servings

209 Calories  
Per Serving

6g Protein  
Per Serving

6g Fiber  
Per Serving



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