

# SWEET POTATO TEMPURA & BLACK BEAN TACOS



Submitted by Neil Reese and Justin Norris at Davis Hospital and Medical Center, Utah

SERVES 6 • PORTION 2 TACOS

## INGREDIENTS

11.5 tbsp tempura batter, vegan (recipe not listed)

11.5 oz. sweet potatoes

¼ cup flour, rice

¾ tsp. shortening, canola

12 tortillas, 6-inch white corn

11.5 tbsp black beans con cumino (recipe not listed)

11.5 tbsp roasted red peppers (recipe not listed)

11.5 tbsp. arugula, fresh

6 tbsp. cotija cheese

11.5 tbsp. avocado crema sauce (recipe not listed)

1.5 limes, fresh

## PREPARATION

1. Clean and drain produce.
2. Prepare tempura batter, black beans con cumino, and avocado crema (recipes not listed).
3. Slice sweet potatoes (skin on) into half-moon shapes about 1/8" to 1/4" thick that "fit half of a 6" tortilla" or create cuts that will work for your set-up and will still fry appropriately. Soak the cut sweet potatoes in water for approx. 10 minutes to help release some of the starch.
4. Julienne roasted red peppers. Remove sweet potatoes from water and let dry, sprinkle with some rice flour to help the batter stick to the potatoes.
5. Coat sweet potatoes with the tempura and carefully drop into fryer, use tongs to prevent splashes. Fry for 3 minutes or until outside is a nice light brown, crispy and inside is nice and tender. Toast tortillas on broiler.
6. To build one taco assemble in the following order: 1 toasted tortilla, 2 tempura sweet potatoes, one half on each side of the tortilla, 1 tbsp. black beans in the center, 1 tbsp. roasted red peppers, 1 tbsp. arugula, 1 tsp. cotija cheese, 1 tbsp. avocado crema, 1 lime wedge, on side.
7. Arrange 2 tacos on a plate.

