



# RECIPES

## Sweet Potato Burrito

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### Ingredients

- 7.5 lbs. Sweet Potato, Peeled, and cut into 1/2 inch pieces
- 1/3 cup neutral oil
- 1 TB Salt
- 1 ts Black Pepper
- 3 TB Chili Powder
- 1 ts ground cumin
- 1 ts ground coriander
- 20 - 12 inch whole wheat tortillas

### Directions

1. Heat the oven to 400F. Line a baking sheet w/ foil.
2. Combine the sweet potatoes, oil, salt, cumin, chili powder, coriander, and black pepper in a bowl and toss to coat. Arrange in a single layer on the lined baking sheet and roast until tender and caramelized, about 30 minutes.
3. Assemble the burritos.

### What to Put in Your Burrito

- Cooked Rice
- Cooked Black Beans
- Salsa Verde
- Avocado Slices
- Low Fat Sour Cream
- Shredded Cheese
- Cilantro
- Thinly Sliced Iceberg Lettuce
- Pickled Jalapenos

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# Salsa Verde

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## Ingredients

- 2 lb. trim the stem from the tomatillos
- 2 medium onions cut into 1/2 thick rings
- 12 garlic cloves, peeled
- 2 jalapenos
- 2 TB neural oil
- 1/2 cup chopped cilantro w/ stems
- 2 ts salt
- 2 limes juiced

## Directions

1. Heat the broiler to high.
2. Dunk the tomatillos in a bowl of hot water to dissolve the sticky sap on their skin and to loosen their papery sheaths. Remove and discard the papery outsides. Rub the tomatillos, onions slices, garlic cloves, and jalapenos with oil to coat and arrange them on a rimmed baking sheet. Broil the vegetables, turning once, until they are charred (actually charred, not just browned) and softened, about 10 minutes. Remove from broiler and cool them enough to handle.
3. Trim the stem from the jalapeno (and scrap out the seeds, if you want less heat), transfer garlic, tomatillos, and onion to a blender or food processor and process until smooth. Add the cilantro and salt and continue processing until very smooth. Taste the salsa and adjust the seasoning with a pinch of salt or squeeze of lime juice as needed.

# Pico De Gallo

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## Ingredients

- 1/2 cup diced onion (I prefer purple)
- 2 lbs. tomatoes, fresh
- 1 cup chopped cilantro
- 2 TB minced jalapeno
- 2 TB fresh lime juice

## Directions

1. Combine all ingredient s in bowl and chill or serve.

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