

## The Number One Most Nutritional Vegetable?

(NAPS)—What's the #1 nutritional vegetable? Not carrots, or one of the green, leafy vegetables. The sweet potato—also known to its fans as the yam—is ranked number one in nutrition by the Center for Science in the Public Interest (CSPI).

This sweet, delectable dessert-



like vegetable scored 108 points higher than its closest rival, spinach, and it's a winner in beta-carotene, too.

### **Yam And Black Bean Wraps**

- 1 sweet potato (yam), peeled and shredded (about 1 cup) OR 1 can (15-ounce) yams, finely chopped**
- ½ cup chopped red onion**
- 1 cup black beans, rinsed and drained**
- 2 green onions, sliced**
- ¼ cup sunflower seeds**
- 2 tablespoons light Italian or Caesar dressing**
- 1 teaspoon honey**
- 6 flour tortillas, warmed to soften**

In a skillet coated with non-stick cooking spray, sauté shredded or chopped yams over medium high heat for about 5 minutes or until crisp tender. Transfer to bowl. In same skillet coated with non-stick cooking spray, sauté red onion for about 5 minutes until tender. Add sautéed onion, black beans, green onions, and peanuts to shredded yams, mixing well. In small bowl, mix together dressing and honey and toss with yam mixture to coat. Fill tortillas and wrap.

**Makes 6 wraps.**

For recipes, visit [www.sweetpotato.org](http://www.sweetpotato.org) or write to the Louisiana Sweet Potato Commission at P.O. Box 2550, Baton Rouge, LA 70821-2550.