

RECIPE

Tandoori Spiced Sweet Potato Tacos

By Haile Thomas from her newly released cookbook, [Living Lively](#)



MAKES 4 TO 6 SERVINGS

If I could eat only Indian or Mexican food for the rest of my life, I would honestly be perfectly content. This fusion taco is inspired by both of these bold and deeply dimensional cuisines that I love . . . and are even better together!

Ingredients

SWEET POTATOES

- 2 tablespoons olive oil
- 2 medium sweet potatoes (peeled or unpeeled), cut into bite-size chunks
- 1 tablespoon garlic powder
- 1 tablespoon tandoori masala
- 1 to 2 teaspoons garam masala, to taste
- 2 teaspoons onion powder
- Kosher salt and freshly ground black pepper

BLACK BEANS

- 1 tablespoon olive oil
- 2 or 3 garlic cloves, minced
- One 15-ounce can black beans, drained and rinsed
- Kosher salt and freshly ground black pepper

CORN SLAW

- 1 cup corn kernels, frozen or cut from 1 to 2 ears
- 1 cup shredded red cabbage
- 1/2 cup shredded peeled carrots
- 2 scallions, chopped
- 1/4 cup chopped fresh cilantro leaves
- 2 tablespoons olive oil
- 1 tablespoon fresh lime juice
- 1 tablespoon pure maple syrup
- 1/2 tablespoon distilled white vinegar
- Kosher salt
- 1 tablespoon chopped fresh parsley

TACO ASSEMBLY

- 8 to 12 soft white or yellow corn tortillas
- Cumin-Herb Yogurt Sauce (page 000)
- Mint and parsley leaves (optional)

Preparation

1. To make the sweet potatoes: Preheat the oven to 450°F. Lightly oil a sheet pan with 1 tablespoon olive oil.
2. Place the sweet potato chunks on the sheet pan and drizzle with the remaining olive oil. Sprinkle the sweet potatoes with the garlic powder, tandoori masala, garam masala, onion powder, and salt and pepper to taste and toss to coat. Roast the potatoes for 25 to 30 minutes, until soft when pierced with a fork. Set aside.
3. To make the black beans: In a small saucepan, heat the olive oil over medium-high heat. Add the garlic and sauté for 2 minutes, or until aromatic. Stir in the black beans, mix in salt and pepper to taste, and cook for 3 minutes to completely warm through. Set aside.
4. To make the corn slaw: In a medium bowl, combine the corn, cabbage, carrots, scallions, and cilantro. In a small bowl, whisk together the olive oil, lime juice, maple syrup, vinegar, salt to taste, and the parsley. Pour the dressing over the corn slaw and toss until evenly coated.
5. To assemble the tacos: Warm the tortillas one at a time in a dry nonstick pan for 15 to 30 seconds. Flip with tongs or a spatula and heat for another 15 to 30 seconds. Repeat this process with all of your tortillas. Fill each warm tortilla with sweet potatoes, black beans, corn slaw, a drizzle of cumin-herb yogurt sauce, and fresh herbs if you'd like! Enjoy!



Haile Thomas is 19 years old, an international speaker, wellness & compassion activist, vegan food & lifestyle content creator, the youngest to graduate from the Institute of Integrative Nutrition as a Certified Integrative Nutrition Health Coach, and the founder/ CEO of the non-profit HAPPY (Healthy, Active, Positive, Purposeful Youth). Haile founded HAPPY when she was 12 years old to redefine youth empowerment through holistic education and address the need for peer to peer free/ affordable plant-based nutrition and wellness education in underserved/ at risk communities.

Haile believes that to productively work toward our best selves, we must first fuel the vessel that supports us, our bodies. By incorporating healthy, plant-based dishes into our daily routine, we can boost qualities such as confidence, happiness, energy, and positivity. In

[LIVING LIVELY](#), Haile combines her uplifting message with tasty, wholesome food, providing dozens of nutrition-packed vegan recipes— all gluten, dairy, and egg-free— that pack a punch with bold and bright flavors, many inspired by her culinary adventures around the world.