

Southwest Stuffed Sweet Potatoes Serves: 4

To serve with *Easy Everyday Salad* (page 113), get that prepped before you start the saute in step two.

If using oven directions, preheat oven to 425 degrees.

4 medium **sweet potatoes**

Scrub potatoes clean and pat dry. Then use one of the cooking methods below.

Oven directions: Place in a baking dish. Bake for one hour, or until tender.

Slow cooker directions: Place in slow cooker. Cook on low 6-8 hours or on high 3-4 hours.

Microwave directions: Pierce the potatoes with a fork and cook on high for 8-10 minutes (it may take a little longer depending on your microwave).

1 Tbsp **olive oil**

1 can (15 oz) **black beans**, no salt added, rinsed and drained

1 cup **corn**, frozen, canned or cut fresh from the cob

1/2 **red onion**, chopped

1/2 tsp **ground cumin**

1/4 tsp **salt** (omit if canned beans contain salt)

1/4 tsp **black pepper**, OPTIONAL

While the sweet potatoes are cooking and almost done, add oil to a skillet over medium heat. Add everything else and saute for 5 minutes or until heated through.

1 cup **salsa** (e.g., Simple Salsa Fresca, page 195)

1 **avocado**, halved, pitted, flesh removed and sliced

1/4 cup **shredded cheddar cheese**, OPTIONAL

1/2 cup **chopped fresh cilantro**, OPTIONAL

When the potatoes are done, slit them open lengthwise and fluff the insides with a fork.

Top with the hot bean and corn mixture, salsa, avocado slices, cheese and chopped cilantro if desired. Serve with salad and enjoy!

QUICK TIP: For more meal ideas using sweet potatoes, visit EatRealAmerica.com and enter “sweet potato” in the Search Recipes bar.

Nutrition Information for one sweet potato with all toppings except cheese:

Calories: 340 • Fat: 10 g • Sat Fat: 1.2 g • Chol: 0 mg • Fiber: 13 g • Protein: 10 g • Total Carb: 66 g • Sugars: 9 g • Sodium: 500 mg