

Mexican Black Bean Stuffed Potatoes

Ingredients

4 sweet potatoes
2 tsp vegetable oil
1 cup onion
1/2 cup bell pepper (any colour)
1 small jalapeno pepper, seeds removed
1 clove garlic

2 cups canned black beans (no salt added), drained and rinsed
1/3 cup green onion
1/4 cup cilantro
1 cup tomato
1 tsp cumin
1 tsp chili powder
jalapeno seeds (optional)

1 cup cheddar cheese, shredded

Avocado, chopped (optional)
Plain greek yogurt or sour cream (optional)

Steps

1. Preheat oven to 400° F.
2. Prick each potato a few times with a fork.
3. Bake until soft, in the oven (for 45-60 min) or in the microwave on high (for 10 min).
4. Let potatoes sit until cool enough to handle.
5. Scoop out the inside of the potato. Leave about 1/4 inch of potato and the skin.
6. Chop onion, bell peppers, garlic, tomatoes, green onion and cilantro.
7. Heat oil in small skillet over medium heat.
8. Add onion. Sauté for 4-5 minutes. Stirring often.
9. Add bell pepper, jalapeno and garlic. Sauté for 3 minutes or just until soft. Stirring often.
10. In a medium bowl combine sauté mix with beans, green onion, cilantro, tomato, cumin, chili powder, jalapeno seeds (if using), and 1/2 cup shredded cheese.
11. Mix some of the scooped out potato with the filling mix.
12. Fill the potato skins with the filling mix.
13. Top with leftover shredded cheese.
14. Bake for 10-15 minutes or until cheese is melted.
15. If desired, serve with avocado, greek yogurt or sour cream.

Tip: If you use salsa instead of some of the vegetables and seasonings for a quicker recipe, read the Nutrition Facts table to choose a salsa with less sodium.