

Spicy Baked Sweet Potatoes



Ingredients:

- 4 (6 ounce) Sweet potatoes
- Cooking spray
- ½ cup chopped onion
- 2 garlic cloves, minced
- 1 teaspoon cumin
- ½ teaspoon chili powder
- 1 (15 ounce) can of black beans, drained
- 1 ½ cups whole kernel corn, frozen or fresh
- 1 ½ cups fresh salsa
- ¼ cup reduced fat shredded cheddar-Monterrey jack cheese
- ¼ cup chopped fresh cilantro

Directions:

1. Pierce potatoes with fork, arrange in a circle on paper towels in the microwave oven. Microwave on High for 10 minutes, turning the potatoes after 5 minutes.
2. While potatoes cook, heat a large nonstick skillet over medium-high heat. Coat the pan with cooking spray. Add the onion and the next 3 ingredients, saute' for 3 minutes. Reduce the heat to low. Add beans, corn, and salsa; cook for 4 minutes or until thoroughly heated.
3. Split the potatoes lengthwise, cutting to, but not through to the other side. Fluff with a fork. Spoon 1 cup of the bean mixture over each potato. Top each potato evenly with cheese and cilantro.

Makes 4 servings.

Adapted from Cooking Light, Fresh Foods Fast 2009



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