

# Stuffed Sweet Potatoes

## INGREDIENTS

- 1 sweet potato
- 1/4 cup canned low-sodium black beans, drained and rinsed
- 1/4 cup canned low-sodium corn, drained and rinsed
- 2 tablespoons salsa
- 2 tablespoons low-fat shredded cheese

Optional:

- Chopped cilantro
- Greek yogurt or low-fat sour cream
- Sliced avocado
- Lime juice

SERVINGS: 1  
TIME: 15 MINS



Adapted From: <https://lilluna.com/>



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## PROCEDURE

1. Rinse potatoes and poke holes in potatoes to allow for venting.
2. Place potatoes on glass plate, cover with a damp paper towel and microwave on HIGH for 3-5 minutes.
3. Then, turn over, rewet towel and microwave for an additional 3-5 minutes.
4. Cool potato for 5 minutes, then cut your potato lengthwise
5. Drain and rinse your corn and black beans
6. Using a spoon, place your corn, black beans, and cheese in your sweet potato
7. Microwave for an additional 1 - 2 minutes, or until cheese is melted
8. Top with salsa and any additional toppings

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