



# Black Bean-Covered Sweet Potato

Prep: 5 minutes | Cook: 20 minutes | Total: 25 minutes

Yield: 2 servings | Serving Size: 1 medium sweet potato (or ½ large) with 1 cup bean mixture

## Ingredients

2 medium sweet potatoes (about 6 ounces each) or 1 large sweet potato, cut in half in step 6 after cooking (about 12 ounces total)

1 (15-ounce) can no-salt-added black beans, drained and rinsed

1 medium tomato, diced (about 1 cup)

2 teaspoons olive oil

½ teaspoon ground cumin

½ teaspoon ground coriander

2 tablespoons nonfat plain Greek yogurt, divided

2 tablespoons chopped fresh cilantro, divided

## Directions

1. Wash the sweet potatoes and prick with a fork in several places. Wrap in parchment paper or a paper towel.
2. Microwave the sweet potatoes on high power (default setting) until tender all the way to the center, about 7-10 minutes, flipping halfway through the cooking time.
3. Set the sweet potatoes aside to cool slightly.
4. Meanwhile, combine the beans, tomato, oil, cumin, and coriander in a medium microwave-safe bowl.
5. Microwave the bean mixture on high power (default setting) until heated through, about 2-3 minutes.
6. When the sweet potatoes are just cool enough to handle, cut a slice in each sweet potato lengthwise, just enough to open it but not to cut all the way through. Press the ends of each sweet potato to make a well in the center.
7. Spoon the bean mixture into the well of each sweet potato.
8. Top each sweet potato with 1 tablespoon of the Greek yogurt and 1 tablespoon of the cilantro. Serve warm.

## Recipe Notes

- Instead of microwaving, place the sweet potatoes in a baking dish and cook in the oven at 425°F until tender all the way to the center, about 1 hour, then heat the bean mixture in a small saucepan over medium heat.

**Nutrition Facts Per Serving: Calories: 230 | Total Fat: 2 g | Saturated Fat: 0.5 g  
Sodium: 60 mg | Total Carbohydrate: 44 g | Dietary Fiber: 11 g | Protein: 12 g**

For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



**VA** | U.S. Department  
of Veterans Affairs