Mexican Stuffed Sweet Potatoes

Prep: 10 minutes | Cook: 15 minutes | Total: 25 minutes
Yield: 2 servings | Serving Size: ½ stuffed sweet potato

Ingredients

1 large sweet potato
2 teaspoons oil
1 small onion
1 clove garlic, minced
½ bell pepper, red, yellow or orange
½ cup corn, fresh or frozen
½ cup canned black beans, rinsed and drained
½ tablespoon chili powder
½ teaspoon cumin
½ teaspoon salt
¼ teaspoon ground black pepper
2 tablespoons tomato paste
2 tablespoons plain Greek yogurt

Directions

1. Wash sweet potato well. Pierce 3-4 times with a fork.
2. Place on a microwave safe dish and microwave for 5 minutes, turning halfway through.
3. If the potato is not fork tender, cook an additional minute.
4. Once cool enough, slice in half lengthwise and scoop out ⅔ of the flesh, leaving ½-inch around the skin. Loosely chop the flesh that was removed.
5. Place a medium skillet over medium heat.
6. Add oil and heat until shimmering.
7. Add onion, garlic and bell pepper and cook 5 minutes.
8. Add corn and cook an additional 5 minutes.
9. Add the beans, chopped sweet potato, chili powder, cumin, salt, pepper and tomato paste. If mixture is too thick, add 1-2 tablespoons of water.
10. Fill each sweet potato skin with half filling, top with yogurt.

Recipe Notes

- Substitute any type of bean for the black beans if desired.
- To add more spice, add a dash of cayenne to the filling.

Nutrition Facts Per Serving: Calories: 240 | Total Fat: 6 g | Saturated Fat: 1 g
Sodium: 250 mg | Total Carbohydrate: 40 g | Dietary Fiber: 8 g | Protein: 9 g

Adapted from delish.com | Submitted by Robin LaCroix, RD, CSO
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