

MICROWAVED STUFFED SWEET POTATOES

Prep Time: 5 min

Cook Time: 8-12 min

Servings: 4

INGREDIENTS

- 4 sweet potatoes, scrubbed under running water and dried
- 1 can black beans, drained & rinsed
- 1 can corn, drained & rinsed
- 1 cup of your favorite salsa

Optional toppings:

- 1 cup shredded cheese
- 3/4 cup Greek yogurt or sour cream
- 1/2 cup chopped cilantro

Recipe Notes: Try pinto or kidney beans instead of black beans. Add 1 can of diced chilies or minced jalapeno to the mixture or top with your favorite hot sauce for added flavor and a little heat.

DIRECTIONS

Using a fork, pierce the potato 5-6 times. Place on a microwave-safe dish and microwave for 6 minutes. At 6 minutes, check if done—careful, as they will be hot. You want them to be soft to the touch (this will depend on the size of your potato). If they're not quite there, continue to microwave in 30 second increments until soft. Let cool for 2-3 minutes.

Combine black beans, corn and salsa in a microwave-safe bowl. Microwave for 1-2 minutes, until warm. Slice down the middle of the sweet potato and stuff with the bean, corn and salsa mixture. If desired, top with cheese and microwave for additional 1 minute to melt. Top with Greek yogurt, cilantro, hot sauce, or any other favorite toppings. Store leftovers in fridge for up to 7 days. To reheat, microwave for 2-3 min.