



## SOUTHWEST STUFFED SWEET POTATOES

### MATERIALS:

Baking sheet	Measuring cups
Colander	Measuring spoons
Cutting board	Fork or Potato masher
Large skillet	
Sharp knife	

### INGREDIENTS:

- 2 Large Sweet Potatoes
- 1 Tablespoon Oil
- 1 (15 ounce) can Black Beans
- 1/2 Cup Frozen or Canned Corn
- 1/2 Cup Prepared Salsa
- 1 Tablespoon Lime Juice
- 1/4 Teaspoon Cumin
- 1/4 Teaspoon Salt
- 1/8 Teaspoon Pepper
- 1/4 Teaspoon crushed red pepper flakes (optional)
- 1/3—2/3 Cup Shredded Cheddar

**Serves:** 2, 1 sweet potato per serving

\*Recipe adapted from Happy Healthy Momma

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# DIRECTIONS:

1. Preheat oven to 400 degrees F. Place sweet potatoes on a baking sheet and rub lightly with oil (optional).
2. Bake sweet potatoes until fork tender, about 1 hour.
3. Meanwhile, rinse and drain black beans and corn in a colander.
4. Add black beans, corn, salsa, lime juice, cumin, salt, pepper and pepper flakes in large skillet. Stir well and cook until everything is heated through. Remove from heat.
5. When sweet potatoes are ready, gently cut a thin layer from the top of each potato. Use a spoon to gently remove the flesh from each potato and place in a medium bowl.
6. Use a fork or potato masher to mash the flesh of the sweet potatoes. Stir in bean and corn mixture.
7. Spoon the mixture back into the skin of the sweet potato and top each one with shredded cheese.
8. Put the cheese topped sweet potatoes back in the oven under the broiler and broil until cheese is melted, about 2 minutes.

## Notes:

- For a quicker dish, you can microwave the sweet potatoes, rather than baking in the oven.
- Use pinto beans or other leftover beans in place of the black beans, if desired.