



Loaded Sweet Potato

Yield: 4 servings

Source: www.skinnytaste.com

Ingredients:

- 4 medium sized sweet potatoes
- 1 tsp taco seasoning, prepackaged or recipe below
- 1 red bell pepper, diced
- 1/2 red onion, diced
- 1-1/3 cups no-salt-added canned black beans, rinsed and drained
- 1/2 cup fat free Greek yogurt, or light sour cream
- 1/2 cup mild or spicy salsa
- 1/2 cup reduced fat Mexican cheese blend
- 1/4 cup chopped scallions or cilantro

Taco Seasoning

- 1 tsp chili powder
- 1/2 tsp paprika or smoked paprika
- 1/2 tsp cumin
- ½ teaspoon garlic powder
- ½ teaspoon onion powder

Directions:

1. Poke holes in the potato with a fork, cook on your microwave's potato setting until potatoes are soft and cooked through (about 8-10 minutes on high for 4 potatoes). If you don't have a microwave, bake about 45 minutes at 400°F.
2. In a medium pan add peppers, onions and taco seasoning and cook until the onions have caramelized slightly, about 5 minutes.
3. Add black beans, stir to combine and heat through (about another 5 minutes).
4. Slice the potato lengthwise down the middle. Top with 2 tbsp shredded cheese, 1/3 cup of black bean mixture, 2 tbsp Greek yogurt and 2 tbsp salsa of salsa.

NOTE: add leftover or baked chicken, or other varieties of beans.

Nutrition information:

Serving size: 1 sweet potato with ¼ of filling

Calories: 307

Fat: 4.5g

Sodium: 451mg

Carbohydrates: 50g

Sugar: 9g

Fiber: 11g

Protein: 14g