

Southwest Veggie Stuffed Sweet Potatoes

THE JAMES
Mobile
Education
Kitchen

Items Needed: microwave or oven, non stick pan,

Serves: 2

Ingredients:

- 1 large sweet potato
- ¼ cup canned black beans, drained and rinsed
- 1 tsp olive oil
- ¼ cup chopped onions
- ¼ cup chopped peppers
- ¼ cup chopped veggies of your choice, broccoli, cauliflower, spinach etc.
- ¼ tsp ground cumin
- ½ tsp chili powder
- ¼ tsp granulated garlic
- Salt and pepper to taste

Directions:

1. Cook sweet potato using your preferred method: oven baked or microwaved. To microwave sweet potato, place in a microwave safe bowl and cook for 3 minutes, flip over and cook for another 3 minutes or until fork tender.
2. Heat a non stick skillet to medium high temperature and add the olive oil. Let the oil come to temperature for a few seconds and add the beans, peppers, onions, and whatever veggies you are adding to your mix. After cooking for a minute, add the spices and a splash of water to soften. (You can choose any blend of spices for your mix, I went with a southwest theme for this.)
3. Split your potato in half and slice each half down the middle. Push the ends in and top with your sautéed veggies.

Nutrition Information (per 1/2 recipe):

Calories: 218 Fat: 2.9 g Carbs: 42.8 g Protein: 7.8 g Fiber: 9.4 g Sodium: 340 mg

<https://wexnermedical.osu.edu/nutrition-services>

