Southwest Veggie Stuffed Sweet Potatoes

**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

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