

Black Bean-Smothered Sweet Potatoes

For a quick and satisfying last-minute supper, it's hard to beat a sweet potato zapped in the microwave. The fragrant filling of beans and tomato adds protein, making it a nutritionally complete entree. Be sure to eat the potato skin; it's full of fiber.

Ingredients

2 medium sweet potatoes	1/2 tsp ground coriander
1 15-ounce can black beans, rinsed	1/4 tsp salt
1 medium tomato, diced	2 tbsp reduced-fat sour cream
2 tsp extra virgin olive oil	2 tbsp chopped fresh cilantro
1/2 tsp ground cumin	

Preparation

1. Prick sweet potatoes with a fork in several places. Microwave on High until tender all the way to the center, 12 to 15 minutes. (Alternatively, place in a baking dish and bake at 425 degrees F until tender all the way to the center, about 1 hour.)
2. Meanwhile, combine beans, tomato, oil, cumin, coriander, and salt in a medium microwave-safe bowl; microwave on High until just heated through, 2 to 3 minutes. (Alternatively, heat in a small saucepan over medium heat.)
3. When just cool enough to handle, slash each sweet potato lengthwise, press open to make a well in the center and spoon the bean mixture into the well. Top each with a dollop of sour cream and a sprinkle of cilantro.



Ken Burris

Nutritional Information

Servings: 2

Calories: 309

Fat: 7g

Cholesterol: 6mg

Protein: 11g

Carbohydrates: 52g

Fiber: 13g

Sodium: 492mg

Potassium: 1020mg

Recipe Source from WebMD