SOUTHWEST “BAKED” POTATOES

Serves: 2
Preparation time: 30 minutes

INGREDIENTS
- 2 potatoes or sweet potatoes
- 1 can black beans (15 ounces)
- 2 teaspoons oil
- ¼ teaspoon salt
- Optional
  - 1 teaspoon cumin, chili powder, or other spices
  - 1 medium tomato, chopped, or ½ cup of salsa
  - 2 tablespoons low fat sour cream

INSTRUCTIONS
1. Rinse the potatoes or sweet potatoes, and then pierce potatoes in several places with a fork.
2. Microwave potatoes on high for 12-15 minutes, or until tender.
3. In a microwave-safe bowl, mix the beans, salt, tomatoes (optional), and spices (optional). Microwave the mixture on high for 2-3 minutes.
4. Slice each potato down the middle. Then press them open, making a well in the center.
5. Spoon the bean mixture into the center of each potato.
6. If desired, top with low fat sour cream.

Adapted from the Tenderloin Cooking School Cookbook via EatFresh.org

HELP SUPPORT
Heart health, immune system, and digestion.

HOW TO STORE
Keep potatoes in a cool, dry place for up to 1 month. Only refrigerate them once they are cut or cooked.

HOW TO USE
Boil or microwave potatoes until soft, mash them with a fork, and add a pinch of salt and pepper and a small amount of low fat milk and butter for creamy mashed potatoes; Roast potatoes in the oven with a pinch of salt and a teaspoon of oil for a tasty side dish.

HEALTH BENEFITS
Heart health, immune system, and digestion.