

Southwestern Loaded Sweet Potatoes



Ingredients:

- 4 sweet potatoes, washed and dried
- 1/2 cup plain Greek yogurt
- 1 teaspoon chili powder
- 1 teaspoon paprika, divided
- 1 teaspoon cumin, divided
- 1 bell pepper, diced
- 1/2 red onion, diced
- 1 1/3 cups canned black beans, rinsed and drained
- 1/2 cup salsa
- 1/2 cup cheddar cheese, shredded
- 1/4 cup green onions, chopped

Instructions:

1. Poke holes in the potatoes. Microwave until all potatoes are soft – about 10 minutes for 4 potatoes.
2. Combine yogurt and 1/2 teaspoon paprika and 1/2 teaspoon cumin.
3. Heat oil in a medium skillet over medium heat. Add peppers, onions, and remaining seasonings.
4. Cook until onions are golden brown, about 5 minutes.
5. Add black beans to onion mixture and cook 5 minutes.
6. Split open each sweet potato and top with 1/4 of the bean mixture, salsa, and Greek yogurt

Makes 4 servings.



Tarrant County Public Health
<http://health.tarrantcounty.com>