

EatingWell

Sweet Potatoes with Warm Black Bean Salad



For a satisfying last-minute supper, it's hard to beat a sweet potato zapped in the microwave. The fragrant filling of beans and tomatoes adds protein. Be sure to eat the skin, which is full of fiber, as well.

Total: 25 mins

Servings: 4



Ingredients

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2 MAGAZINES

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Directions

Step 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.)

Step 2

Meanwhile, in a medium microwaveable bowl, combine beans, tomatoes, oil, cumin, coriander and salt; microwave on High until just heated through, 2 to 3 minutes. (Alternatively, heat in a small saucepan over medium heat.)

Step 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.

Nutrition Facts

Serving Size: 1 Stuffed Sweet Potato

Per Serving:

253 calories; total fat 5.8g 9% DV; saturated fat 1.7g; cholesterol 6mg 2% DV; sodium 575mg 23% DV; potassium 981mg 27% DV; carbohydrates 43.5g 14% DV; fiber 9.9g 40% DV; sugar 13g; protein 8.6g 17% DV; exchange other carbs 3; vitamin a iu 22547IU; vitamin c 34mg; folate 72mcg; calcium 105mg; iron 3mg; magnesium 39mg; thiaminmg.

Exchanges: 3 Starch, 1 Vegetable 1/2 Fat