



SWEET STUFFED *Potato*

PREP
5 -7 min

COOK
5- 7 min

TOTAL
14 min

YIELD
2 servings

Ingredients

- 2 medium sweet potatoes (about 6 ounces each)
- 1 15-ounce can black beans (no salt added), drained and rinsed
- 1 medium tomato, diced
- ¼ teaspoon cumin
- ⅛ teaspoon garlic powder
- ⅛ teaspoon fine sea salt
- 2 teaspoons extra virgin olive oil
- 3 tablespoons plain yogurt
- 2 tablespoons chopped fresh cilantro

Directions

- 1** Use a fork to poke sweet potatoes several times. Place on a microwavable dish and heat on high for 5-7 minutes, until completely tender.
- 2** Meanwhile, mix beans, tomato, cumin, sea salt and garlic powder in a small microwavable bowl. Microwave for 1 minute. Add olive oil and stir to combine.
- 3** Cut the sweet potato in half lengthwise. Add half of filling to each potato and top with yogurt and cilantro. Serve warm.