



# Mexican Stuffed Sweet Potatoes

Prep: 10 minutes | Cook: 15 minutes | Total: 25 minutes

Yield: 2 servings | Serving Size: ½ stuffed sweet potato

## Ingredients

- 1 large sweet potato
- 2 teaspoons oil
- 1 small onion
- 1 clove garlic, minced
- ½ bell pepper, red, yellow or orange
- ½ cup corn, fresh or frozen
- ½ cup canned black beans, rinsed and drained
- ½ tablespoon chili powder
- ½ teaspoon cumin
- ⅛ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 tablespoons tomato paste
- 2 tablespoons plain Greek yogurt

## Directions

1. Wash sweet potato well. Pierce 3-4 times with a fork.
2. Place on a microwave safe dish and microwave for 5 minutes, turning halfway through.
3. If the potato is not fork tender, cook an additional minute.
4. Once cool enough, slice in half lengthwise and scoop out ⅔ of the flesh, leaving ½-inch around the skin. Loosely chop the flesh that was removed.
5. Place a medium skillet over medium heat.
6. Add oil and heat until shimmering.
7. Add onion, garlic and bell pepper and cook 5 minutes.
8. Add corn and cook an additional 5 minutes.
9. Add the beans, chopped sweet potato, chili powder, cumin, salt, pepper and tomato paste. If mixture is too thick, add 1-2 tablespoons of water.
10. Fill each sweet potato skin with half filling, top with yogurt.

## Recipe Notes

- Substitute any type of bean for the black beans if desired.
- To add more spice, add a dash of cayenne to the filling.

**Nutrition Facts Per Serving: Calories: 240 | Total Fat: 6 g | Saturated Fat: 1 g  
Sodium: 250 mg | Total Carbohydrate: 40 g | Dietary Fiber: 8 g | Protein: 9 g**

Adapted from delish.com | Submitted by Robin LaCroix, RD, CSO  
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