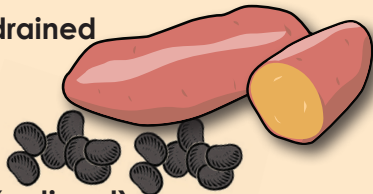


# Sweet Potatoes and Warm Black Bean Salad

## Ingredients:


(Serves 4-6)

- 4 medium sweet potatoes
- 1 15-ounce can black beans, rinsed and drained
- 2 medium tomatoes, diced
- 1 Tablespoon olive oil
- $\frac{3}{4}$  teaspoon salt
- $\frac{1}{2}$  teaspoon ground cumin (optional)
- $\frac{1}{4}$  cup reduced-fat or non-fat sour cream (optional)
- $\frac{1}{4}$  cup chopped fresh cilantro (optional)



## Directions:

- 1** Rinse and scrub sweet potatoes under water. Prick holes in the sweet potatoes in several places.
- 2** Microwave the sweet potatoes on high until tender all the way to the middle. This will take from 12-15 minutes.
- 3** In a microwaveable bowl, combine the black beans, diced tomatoes, olive oil, salt and optional cumin and microwave until just heated through, about 2 to 3 minutes.

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## Directions:

- 4 When the potatoes are cool enough to handle but still warm, cut a slit lengthwise and open the potato. Fill each well with the black bean mixture.
- 5 Top each one with a small spoonful of reduced fat sour cream and some chopped cilantro. These are optional ingredients.

## Tips:

- 1 The cumin and cilantro are not necessary, but will add a nice flavor.
- 2 You may serve this dish on its own for a small meal, or alongside another light dish.
- 3 If you don't have a microwave, bake the sweet potatoes for about one hour in a 425 degree oven, and heat the black bean mixture on the stovetop in a small saucepan over medium heat.
- 4 You may also use canned, diced tomatoes instead of fresh ones, but try to find low-sodium if possible, and add a little less salt to the mixture.
- 5 Always remember to cut foods into pieces no larger than  $\frac{1}{2}$  an inch to prevent choking in small children.

