Sweet Potatoes and Warm Black Bean Salad

Ingredients:
- 4 medium sweet potatoes
- 1 15-ounce can black beans, rinsed and drained
- 2 medium tomatoes, diced
- 1 Tablespoon olive oil
- ¾ teaspoon salt
- ½ teaspoon ground cumin (optional)
- ¼ cup reduced-fat or non-fat sour cream (optional)
- ¼ cup chopped fresh cilantro (optional)

(Serves 4-6)

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 ½ an inch to prevent choking in small children.