



EatingWell

SWEET POTATOES WITH WARM BLACK BEAN SALAD

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Sweet Potatoes with Warm Black Bean Salad

ACTIVE: 15 MINUTES **TOTAL:** 25 MINUTES

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.

- 4 medium sweet potatoes
- 1 15-ounce can black beans, rinsed
- 2 medium tomatoes, diced
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{4}$ cup reduced-fat sour cream
- $\frac{1}{4}$ cup chopped fresh cilantro

- 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°F until tender all the way to the center, about 1 hour.)*
- 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.)*
- 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.

SERVES 4

Calories 253, Fat 6g (sat 2g), Cholesterol 6mg, Carbohydrates 43g, Total sugars 13g, Protein 9g, Fiber 10g, Sodium 575mg, Potassium 981mg.
Nutrition bonus: Vitamin A (451% daily value), Vitamin C (57% dv).

