

Stuffed Sweet Potatoes



Servings:

6 servings

Prep Time:

15 minutes

Cook Time:

1 hr

Ingredients

- 3 Sweet Potatoes
- 1 tbsp Olive Oil
- ½ cup Onion, diced
- 1 cup Black Beans, drained and rinsed
- ½ cup Sweet Corn, frozen
- 1 tbsp Lime Juice
- 2 tbsp Cilantro
- ½ cup Jalapeno Lime Salsa
- ¼ tsp Red Pepper Flakes
- 1/8 tsp Black Pepper
- 1/8 tsp Salt
- ¼ tsp Cumin
- 1/3 cup Cheddar Cheese, shredded

Method of Preparation

Step 1

Preheat oven to 400°F. Place sweet potatoes on a baking pan. Cook until tender.

Heat oil in a skillet.

Step 2

Add onions and saute.

Step 3

Add black beans, corn, salsa, lime juice, cumin, cilantro, salt, pepper, and red pepper flakes.

Step 4

Stir and cook until heated through.

Step 5

Once sweet potatoes are cooked, carefully cut open. Scrape out some of the flesh from each sweet potato.

Step 6

Add the cooked sweet potato to a bowl and mash with a fork.

Step 7

Add the bean and corn mixture to the sweet potato. Mix well.

Step 8

Spoon the mixture back into each of the sweet potato skins.

Step 9

Top with cheese.

Step 10

Place the sweet potatoes back into the oven on broil to melt the cheese.

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