

## **Black Bean Smothered Sweet Potato**

For a quick and satisfying last-minute supper, it's hard to beat a sweet potato zapped in the microwave. The fragrant filling of beans and tomato adds protein, making it a nutritionally complete entree. Be sure to eat the potato skin; it's full of fiber.

Makes 2 servings

ACTIVE TIME: 15 minutes

TOTAL TIME: 20 minutes

EASE OF PREPARATION: Easy

- 2 medium sweet potatoes
- 1 15-ounce can black beans, rinsed
- 1 medium tomato, diced
- 2 teaspoons extra-virgin olive oil
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/4 teaspoon salt
- 2 tablespoons reduced-fat sour cream
- 2 tablespoons 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, combine beans, tomato, oil, cumin, coriander and salt in a medium microwave-safe bowl; 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.

**NUTRITION INFORMATION:** Per serving: 351 calories; 7 g fat (2 g sat, 4 g mono); 6 mg cholesterol; 61 g carbohydrate; 11 g protein; 12 g fiber; 468 mg sodium; 541 mg potassium. Nutrition bonus: Vitamin A (450% daily value), Vitamin C (45% dv), Iron (15% dv). 3 Carbohydrate Servings; Exchanges: 3 1/2 starches, 1/2 vegetable, 1 very lean meat, 1 fat