Seattle FoodNut FOOD AND NUTRITION SERVICES

Black Bean & Tomato Stuffed Sweet Potatoes

4 medium sweet potatoes
1 15 oz can black beans, drained & rinsed
1 medium tomato, diced
1 tablespoon olive oil
1 teaspoon cumin
1 teaspoon salt
¼ cup reduced fat sour cream
¼ cup chopped parsley

Preheat oven to 400 ^{o}F. Pierce sweet potatoes several times with fork and place in oven to bake for 1 hour or until soft in center. Remove from oven.

In saucepan, combine beans, tomato, oil, cumin, and salt. Heat over medium heat for 3-4 minutes or until warm.

Cut an opening lengthwise across each sweet potato and fill with ¼ of the bean and tomato mixture. Top off each sweet potato with 1-2 tablespoons of sour cream and a sprinkle of parsley.

Serves 4