Sweet Potatoes with Warm Black Bean Salad

Serves 4

Ingredients

- 4 medium sweet potatoes
- 1 - 15oz can low sodium black beans, rinsed
- 2 medium tomatoes, diced
- 1 Tbsp olive oil
- 1 tsp ground cumin
- 1 tsp ground coriander
- ¾ tsp salt
- ¼ cup reduced fat sour cream
- ¼ cup chopped fresh cilantro

Preparation

Prick sweet potatoes with a fork in several places. Microwave on high until tender all the way to the center, 12-15 minutes. (Alternatively, place in a baking dish and bake at 425 degrees F until tender, about 1 hour.) Meanwhile, combine beans, tomatoes, oil, cumin, coriander, and salt and heat in a small saucepan over medium heat until heated through. When just cool enough to handle, cut 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.

Calories 295, Total Fat 6g, Sat Fat 2g, Sodium 572mg, Carbohydrates 52g, Fiber 9g, Sugars 2g, Protein 8g

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