

MOT more of this
LOT less of that

Southwest Sweet Potato Skins

Sweet Potatoes are rich in vitamins A and C, as well as vitamin B complex, not to mention minerals like manganese, copper, and potassium. This recipe gives you a nice nutrient dense side or meal in one neat package!

Serves: 4 side dish

Prep and Cook time: 60 minutes

Ingredients

- 4 small sweet potatoes, cut in half length-wise
- 1 large poblano pepper, halved with stem and seeds removed
- 1 can organic black beans, drained and rinsed well
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1 teaspoon salt
- 1 cup shredded cheddar divided

Yogurt Sauce:

- ¼ cup Greek yogurt
- 1 teaspoon chipotle hot sauce
- ¼ teaspoon salt
- Juice of 1 lime

Topping:

- ¼ cup cilantro leaves, chopped, optional
- 2 green onions, chopped, optional
- 1 large avocado, diced

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Southwest Sweet Potato Skins, cont'd

Directions

1. Preheat the oven to 400 degrees.
2. Line baking sheet with parchment.
3. Place sweet potato halves and poblano pepper halves cut side down, on baking sheet. Bake for about 25 minutes, till cooked through, but firm.
4. Remove from oven and allow potatoes to cool for 10 minutes.
5. When potatoes are cool enough to handle, lightly score the flesh with a paring knife to create a grid pattern.
6. Gently scoop potato flesh into a large bowl, careful to leave potato skins intact.
7. Place skins, hollowed side up, back on baking sheet.
8. Dice poblano peppers and add to bowl with potatoes.
9. Add black beans, cumin, chili powder, a $\frac{1}{4}$ cup of the cheese and salt and toss gently to combine.
10. To stuff the potato skins, divide mixture evenly between potatoes skins, top with the remaining $\frac{3}{4}$ cup of cheese.
11. Switch oven to broil and place baking sheet back in the oven. Broil for 2-3 minutes or until cheese is melted and golden.
12. To make the sauce, combine Greek yogurt, chipotle hot sauce, lime juice and salt in a small bowl and stir until smooth.
13. Remove potato skins from oven and top with cilantro, onion, diced avocado and yogurt sauce.
14. Serve immediately.

Mary-Beth says: *"These are so worth the effort; make a double batch to have as a grab and go nutritious snack or side dish."*