

Southwestern Baked Potato



Ingredients:

Makes: 4 Servings

- 2 medium potatoes (Russet or sweet potatoes work well)
- 1 cup canned black beans, rinsed and drained
- 1 cup corn kernels (canned, frozen, or fresh)
- $\frac{3}{4}$ cup salsa
- $\frac{1}{2}$ cup shredded low-fat cheese (cheddar or a Mexican blend)
- Optional toppings: light sour cream or plain Greek yogurt, chopped scallions or chives, fresh cilantro, or diced avocado

Instructions:

1. Wash and dry the potatoes. Pierce each potato in several places with a fork to allow steam to escape during cooking.
2. Microwave the potatoes on high for 12–15 minutes, or until tender when pierced with a fork.
3. Combine the black beans, corn, and salsa in a medium, microwave-safe bowl. Microwave the mixture for 2–3 minutes, until heated through.
4. Slice each cooked potato down the middle lengthwise. Press them open slightly or fluff the insides with a fork to create a well for the filling.
5. Spoon the bean mixture generously into the center of each potato. Sprinkle the shredded cheese over the top of the filling. If needed, place the assembled potatoes back into the microwave for 30 seconds



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