Loaded Baked Sweet Potato

Source: Recipe by Lee Crosby, RD, LD

The ultimate fast food!

About the Recipe

235 Calories · 11 g Protein · 13 g Fiber
Lunch

Ingredients

Makes 4 Servings

- 4 medium sweet potatoes
- 2 c (480 g) cooked black beans, or 1 15-oz (425 g) can black beans
- 1 c (259 mL) salsa
- 1/2 c (8 g) chopped fresh cilantro
- 1/4 cup mashed avocado **optional*
- 1/2 c (109 g) roasted pepitas **optional*

Directions

1. Wash the sweet potatoes. Pierce each potato 4 to 5 times with a fork and bake in the oven or microwave.
2. Oven: Preheat the oven to 400 F (204 C). Place the potatoes on a rimmed baking sheet lined with foil or parchment paper. Bake 45 to 75 minutes, or until tender. Microwave: Place the potatoes in a microwave-safe dish with 1/2 c (120 mL) water. Cover loosely with a lid or plastic wrap. Microwave for 10 minutes. Carefully turn the potatoes over. Microwave another 10 to 12 minutes, or until the potatoes are tender.
3. Once cooked, split the potatoes and top each potato with black beans, salsa, cilantro, and mashed avocado or pepitas, if using. Note: Other tasting

toppings include corn (fresh or thawed from frozen), chopped tomatoes, and sliced green onions.

Nutrition Facts

Per potato

Calories: 268 kcal
Fat: 1 g
- **Saturated Fat:** <0.5 g
- **Calories From Fat:** 3%

Cholesterol: 0 mg
Protein: 12 g
Carbohydrates: 42 g
Sugar: 13 g
Fiber: 14 g
Sodium: 516 mg
Calcium: 101 mg
Iron: 3.1 mg
Vitamin C: 31 mg
Beta-Carotene: 17,529 mcg
Vitamin E: 2.7 mg