

# **SOUTHWESTERN STUFFED SWEET TATERS** Southwestern Stuffed Sweet Taters

*Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian*

*Serves: 4 (Serving= 1/2 stuffed sweet potato)*

## **Nutrition (per serving)**

Calories: 169	Total Carbohydrate: 23
Total Fat: 6 g	Dietary Fiber: 8 g
Saturated Fat: 1 g	Total Sugars: 12 g
Sodium: 215 mg	Protein: 8 g

## **Ingredients**

- 2 medium sweet potatoes, punctured with fork
- 1 Tablespoon non-fat plain Greek yogurt
- 1/2 medium avocado, peeled, seeded and mashed
- ½-1 chipotle pepper, finely diced
- 1 teaspoon adobo sauce
- ½ cup no salt added black beans, drained and rinsed
- ½ cup no salt added corn, drained and rinsed
- ¼ teaspoon ground cumin
- ¼ teaspoon chili powder
- ¼ teaspoon salt
- ½ cup diced tomato
- 1 Tablespoon chopped fresh cilantro
- 4 teaspoons sunflower seeds

## Directions

1. Wrap sweet potatoes in damp paper towels. Place on microwave safe plate and microwave for 6 minutes. Flip and microwave an additional 6 minutes or until the potatoes are soft. Let cool for 2-4 minutes before handling.
2. In a small bowl, whisk together the Greek yogurt, avocado, chipotle pepper, and adobo sauce.
3. Cut each potato in half and scoop out most of the flesh into a medium bowl, leaving some flesh in order for the potato to maintain structure. Add black beans, corn, cumin, chili powder, and salt to the bowl and mix well.
4. Fill each potato half with sweet potato mixture. Top with tomato, avocado, chipotle sauce, cilantro and sunflower seeds.