SWEET POTATO SKINS WITH BLACK BEANS & GUACAMOLE

Sweet and savory wrapped up into one with this mouth-watering nutrient dense, veggie-centric dish! Enjoy as an appetizer or a side dish.

Nutrient bonus: Fiber will help fill you up.



SERVING SIZE 2 skins



YIELD 8 servings



METHOD Bake

4 Small sweet potatoes

1 tbsp Olive oil

1/8 tsp Salt

½ cup Cheddar cheese, shredded

½ cup Black beans, canned, drained and rinsed

6 oz Avocado

1 tbsp Lime juice, fresh

1 tsp Garlic clove, minced

1/8 tsp Salt

1/4 cup Tomato, chopped

2 tbsp Red onion, minced

¼ cup Cilantro, chopped

- 1. Preheat oven to 400 degrees F. Tightly wrap washed sweet potatoes in foil and place on a baking sheet. Bake until soft, 50-60 minutes. Carefully unwrap and set aside to cool long enough to handle.
- 2. Line a baking sheet with parchment paper. Cut the potatoes in half lengthwise and scoop out the flesh, leaving ¼" border (save the scooped out sweet potato for another use such as mashed sweet potatoes or adding to a baked good or oatmeal). Place the sweet potato halves skin-side up on the lined baking sheet. Brush with olive oil and sprinkle with salt. Roast in oven for 25 30 minutes or until browned and appears crisp.
- 3. Cut each skin in half widthwise and return to baking sheet. Sprinkle ½ tbsp of cheese and ½ tbsp of black beans on each potato half. Roast in oven for 8 minutes or until cheese is melted.
- 4. Meanwhile, make the quacomole by mashing the avocado in a bowl and stir in the tomatoes, onion, cilantro, garlic, lime juice, salt and pepper.
- 5. Top each sweet potato skin with 1 tbsp of guacamole.

SWEET POTATO SKINS WITH BLACK BEANS & GUACAMOLE

Sweet and savory wrapped up into one with this mouth-watering nutrient dense, veggie-centric dish! Enjoy as an appetizer or a side dish.

Nutrient bonus: Fiber will help fill you up.



SERVING SIZE



YIELD 8 servings



METHOD Raka

4 Small sweet potatoes

1 tbsp Olive oil

1/8 tsp Salt

½ cup Cheddar cheese, shredded

½ cup Black beans, canned, drained and rinsed

6 oz Avocado

1 tbsp Lime juice, fresh

1 tsp Garlic clove, minced

1/8 tsp Salt

1/4 cup Tomato, chopped

2 tbsp Red onion, minced

1/4 cup Cilantro, chopped

- Preheat oven to 400 degrees F. Tightly wrap washed sweet potatoes in foil and place on a baking sheet. Bake until soft, 50-60 minutes. Carefully unwrap and set aside to cool long enough to handle.
- 2. Line a baking sheet with parchment paper. Cut the potatoes in half lengthwise and scoop out the flesh, leaving ¼" border (save the scooped out sweet potato for another use such as mashed sweet potatoes or adding to a baked good or oatmeal). Place the sweet potato halves skin-side up on the lined baking sheet. Brush with olive oil and sprinkle with salt. Roast in oven for 25 30 minutes or until browned and appears crisp.
- 3. Cut each skin in half widthwise and return to baking sheet. Sprinkle ½ tbsp of cheese and ½ tbsp of black beans on each potato half. Roast in oven for 8 minutes or until cheese is melted.
- 4. Meanwhile, make the quacomole by mashing the avocado in a bowl and stir in the tomatoes, onion, cilantro, garlic, lime juice, salt and pepper.
- Top each sweet potato skin with 1 tbsp of guacamole.

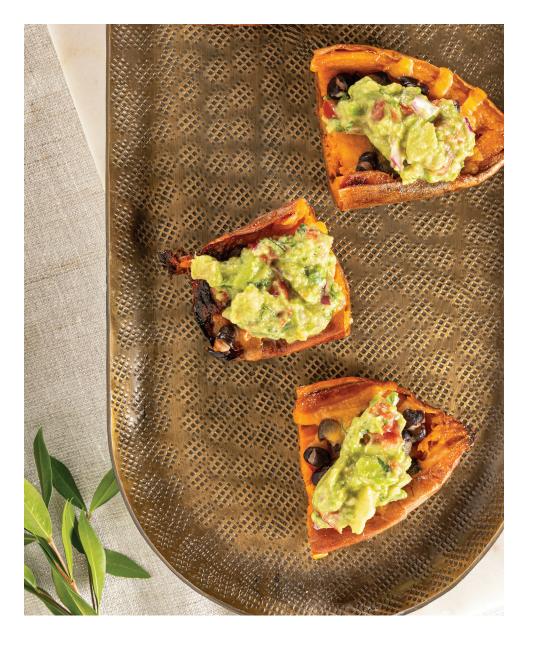
PER SERVING: 150 CALORIES | 6 G TOTAL FAT

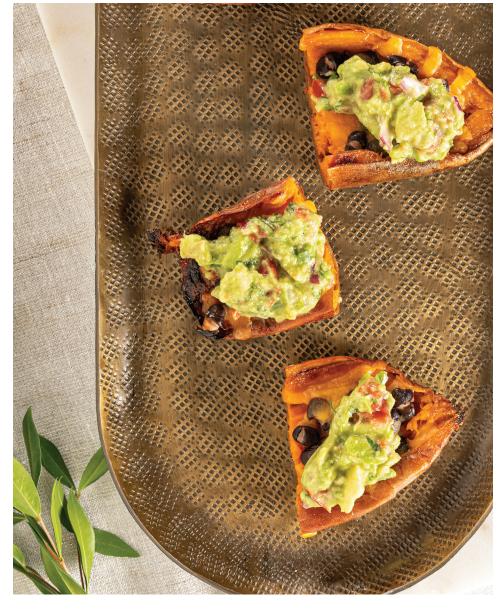
2 G SATURATED FAT | 0 G TRANS FAT

10 MG CHOLESTEROL | 190 MG SODIUM | 21 G CARBOHYDRATE

4 G FIBER | 6 G SUGARS | 4 G PROTEIN

PER SERVING: 150 CALORIES | 6 G TOTAL FAT
2 G SATURATED FAT | 0 G TRANS FAT
10 MG CHOLESTEROL | 190 MG SODIUM | 21 G CARBOHYDRATE
4 G FIBER | 6 G SUGARS | 4 G PROTEIN





SWEET POTATO SKINS
WITH BLACK BEANS &
GUACAMOLE

SWEET POTATO SKINS
WITH BLACK BEANS &
GUACAMOLE