

# 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  
1/2 cup Cheddar cheese, shredded  
1/2 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

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 1/4" 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 1/2 tbsp of cheese and 1/2 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.

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

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