

## SOUTHWEST STUFFED SWEET POTATOES

### INGREDIENTS

- 4 medium sweet potatoes (8 to 9 oz each)
- 1 medium avocado, pitted, peeled and diced
- 1 ½ teaspoons lime juice
- 2 tablespoons chopped fresh cilantro
- ¼ teaspoon salt
- 1 tablespoon vegetable oil
- ½ cup chopped onion
- 1 medium poblano chile, seeded and chopped (about 1/2 cup)
- ½ cup chopped red or orange bell pepper
- ½ cup chopped grape tomatoes
- 1 cup Progresso™ black beans, drained, rinsed (from 15-oz can)
- 2 teaspoons Old El Paso™ original taco seasoning mix (from 1-oz package)
- 2 tablespoons water



### DIRECTIONS

1. Heat oven to 425°F. Prick sweet potatoes on all sides with fork; place on 15x10x1-inch pan. Bake 40 to 50 minutes or until potatoes are tender when pierced in center with fork.
2. Meanwhile, in small bowl, mix avocado, 1/2 teaspoon of the lime juice, 1 tablespoon of the cilantro and 1/8 teaspoon of the salt. Mash with fork to chunky consistency. Cover and refrigerate until ready to serve.
3. In 10-inch nonstick skillet, heat oil over medium heat. Add onion, poblano chile, bell pepper and tomatoes. Cook 5 to 6 minutes or until tomatoes are soft and other vegetables are crisp-tender. Add beans, taco seasoning mix, remaining 1/8 teaspoon salt, remaining 1 teaspoon lime juice and the water. Cook and stir 3 to 4 minutes or until completely heated through and slightly thickened.
4. Split potatoes open; divide bean mixture among potatoes—they will be very full. Divide avocado mixture among potatoes; top with remaining 1 tablespoon cilantro.

### NUTRITIONAL INFORMATION PER SERVING:

Serving Size: 1 Potato  
 Calories 280 | Calories from Fat 80 | Total Fat 9g 14% | Saturated Fat 1.5g 7% | Trans Fat 0g |  
 Cholesterol 0mg 0% | Sodium 500mg 21% | Potassium 790mg 23% | Total Carbohydrate 44g 23%  
 | Dietary Fiber 10g 40% | Sugars 8g | Protein 6g  
 % Daily Value\*: Vitamin A 380% | Vitamin C 60% | Calcium 8% | Iron 10%  
 Exchanges: 2 Starch; 0 Fruit; 1/2 Other Carbohydrate; 0 Skim Milk; 0 Low-Fat Milk; 0 Milk; 1/2  
 Vegetable; 0 Very Lean Meat; 0 Lean Meat; 0 High-Fat Meat; 1 1/2 Fat; \*Percent Daily Values are  
 based on a 2,000 calorie diet.

**SERVES: 4**

**RECIPE SOURCE: BETTYCROCKER.COM**

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## Resolutions

### Eat more vegetables

Many fad diets and new year's resolutions focus on things you should cut out or avoid. Instead of restricting, make a healthy eating change by focusing on adding more vegetables to your plate. Vegetables are versatile in flavor and function, and can be added to every meal from breakfast to dinner. Not to mention, they are super nutritious and loaded with vitamins, minerals and fiber. Eating more vegetables can fight inflammation, reduce chronic disease risk, improve blood pressure, protect your brain and much more. Even adding a simple side salad is an easy way to boost your daily intake.

Source: eatingwell.com

