

Stuffed Sweet Potatoes

Ingredients

4 medium sweet potatoes
1 can (15 oz.) black beans, rinsed and drained
1/4 c. crumbled feta
1/4 c. roasted red peppers
3 tbsp. extra-virgin olive oil
3 tbsp. finely chopped parsley
1/4 tsp. salt

Directions

With a small knife, poke sweet potatoes all over; arrange in a large microwave-safe baking dish. Microwave on High 10 to 12 minutes or until easily pierced with knife. Combine black beans, feta, roasted peppers, olive oil, parsley, and salt. Cut lengthwise slits in tops of sweet potatoes. With fork, scrape sweet potato flesh to fluff; add black bean mixture to each potato half, packing to fit. Bake at 400 degrees F on a foil-lined baking sheet for 10 minutes or until beans are hot.

Nutritional Information (per serving): Calories 345; Protein 10g; Carbohydrate 50g; Total Fat 13g; Saturated Fat 3g; Dietary Fiber 13g; Sodium 525mg.