

# Black Bean Topped Sweet Potatoes

## Ingredients

2 Medium sweet potatoes  
1 15-ounce can black beans, rinsed  
1 medium tomato, diced  
1/2 teaspoon ground cumin  
1/2 teaspoon ground coriander  
1/4 teaspoon salt  
2 tablespoons reduced-fat sour cream  
2 tablespoons chopped fresh cilantro (optional)

## Directions

1. Prick sweet potatoes with a fork in several places. Microwave on High until tender all the way to the center, 12 to 15 minutes. (Or, place in a baking dish and bake at 425F until tender all the way to the center, about 1 hour.)
2. Meanwhile, combine beans, tomato, cumin, coriander and salt in a medium microwave-safe bowl; microwave on High until heated through, about 2 to 3 minutes.
3. Cut each sweet potato lengthwise, press open to make a well in the center and spoon the bean mixture into the well. Top each with a dollop of sour cream and a sprinkle of cilantro if desired. Serve.

## Nutrition Information makes 2 servings

### Per Serving

Calories: 351  
Fat: 5 g  
Saturated Fat: 2 g  
Cholesterol: 6 mg  
Sodium: 468 mg  
Carbohydrate: 61 g  
Fiber: 12 g  
Protein: 11 g



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