

Southwest Veggie Stuffed Sweet Potatoes

THE JAMES
Mobile
Education
Kitchen

Items Needed: microwave or oven, baking sheet or microwave safe bowl, non stick pan, wooden spoon.

Serves: 2

Ingredients:

- 2 medium sweet potatoes, you can use regular orange sweet potatoes, but purple sweet potatoes are delicious with this as well.
- ¼ cup canned black beans, drained and rinsed
- ¼ cup quinoa (cooked)
- 1 tsp olive oil
- ¼ cup chopped onions
- ¼ cup chopped peppers
- 2 cloves garlic, minced
- ¼ cup chopped veggies of your choice, broccoli, cauliflower, spinach etc.
- ½ tsp ground cumin
- 1 tsp chili powder
- Salt and pepper to taste

Directions:

1. Cook sweet potato through using your preferred method: oven baked or microwaved. To microwave sweet potato, place in a microwave safe bowl and cook for 3 minutes, flip over and cook for another 3 minutes or until fork tender.
2. Heat a non stick skillet to medium high temperature and add the olive oil. Let the oil come to temperature for a few seconds and add the peppers, onions, veggie of your choice and garlic. Cook until the onions begin to soften (if using a green as a veggie option, wait to add that until the next step.)
3. Add the rinsed beans, quinoa, and your spices to your pan. After cooking for a minute add a splash of water to soften. * See note about spice combinations
4. Split your potato in half and slice each half down the middle. Push the ends in and top with your sautéed veggies.

* The Title for this dish is “southwest stuffed sweet potatoes however don’t limit yourself to flavor profile on this, you could very easily make an Italian flavored stuffed potato with broccoli, tomatoes, Italian herbs and white beans. You can use orange, purple or white sweet potatoes or you could use regular baked potatoes. The recipe is just a guideline so use your imagination!



Nutrition Information (per 1/2 recipe):

Calories: 301 Fat: 5 g Carbs: 54.2 g Protein: 10 g Fiber: 9.5 g Sodium: 400 mg

<https://wexnermedical.osu.edu/nutrition-services>

