

Southwestern Stuffed Potatoes

Serving size: 1 potato half

Serves: 4

Ingredients:

- 2 medium potatoes (each about 5 inches x 2 1/2 inches)
- 1 cup black beans, rinsed and drained
- 1/2 cup salsa
- 1 cup corn (canned and drained, frozen, or fresh cooked)
- 1/2 cup shredded cheese (try cheddar, pepper jack, or Mexican blend)
- Leftover cooked chicken, turkey or ground beef (optional)
- Optional toppings: hot sauce, avocado, black olives, green onions, plain low-fat yogurt or sour cream

Directions:

1. Scrub potatoes well. Poke each potato with a fork 2 or 3 times.



Recipe adapted from Food Hero

- Microwave on high for 5 minutes, turn potatoes over, and microwave another 3 to 5 minutes, or until easily pierced with a fork. Set aside.
2. In a microwave safe bowl, combine beans, salsa and corn. Microwave for 2 to 3 minutes, stirring occasionally, until heated through.
3. Cut potatoes in half length-wise and flatten with a fork. Divide bean mixture between the four halves. Sprinkle with cheese and serve warm.
4. Refrigerate leftovers within 2 hours.

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