

## LOADED SWEET POTATOES

*Adapted from Deb Powers MS, RD, LDN*

### Ingredients

- 4 sweet potatoes or yams
- 2 pounds fresh whole broccoli (or 1 16-ounce bag frozen broccoli)
- 1 15-ounce can black beans, drained and rinsed
- 1 cup shredded cheddar cheese
- ½ cup plain low-fat Greek yogurt
- Salsa, to taste

### Instructions

Set oven to 400 degrees. Bake potatoes for 45 to 60 minutes, or until easily pierced with a fork. Remove from oven. (The potatoes can also be cooked in a microwave. Puncture each potato a few times with a fork and microwave on high for 10 minutes or until easily pierced.)

If using fresh broccoli, cut into bite-sized pieces, cutting away thick stems. Bring about an inch of water to boil in a medium saucepan. Add broccoli, cover, and reduce heat to medium. Cook 5 to 10 minutes or until broccoli is tender. (If using frozen broccoli cook according to package instructions.)

Slice each potato lengthwise and flatten slightly so it opens like a book. Top with ¼ cup beans, a quarter of the prepared broccoli, ¼ cup cheese, 2 tablespoons yogurt, and salsa to taste. (The contents will be overflowing.)

**Yield:** 4 servings

### **NUTRITION FACTS PER SERVING**

CALORIES: 400

PROTEIN: 25 grams

SODIUM: 470 milligrams\*

CARBOHYDRATE: 48 grams

FIBER: 12 grams

FAT: 12 grams

SATURATED FAT: 6 grams

\*variable pending salsa brand and portion used