Weekday RD Recipes: Loaded Baked Sweet Potato
From Deb Powers, MS, RD, LDN

Ingredients:
4 medium sweet potatoes or yams
3½ pounds fresh whole broccoli or 2 (16 ounce) bags of frozen broccoli (see note)
1 (15 ounce) can black beans, drained and rinsed
1 cup shredded cheddar cheese
Salsa, to taste
½ cup plain low fat Greek yogurt

Instructions:
Set oven to 400 degrees. Bake potatoes for 45 to 60 minutes, or until easily pierced with a fork; remove from oven.
Cut fresh broccoli into bite-sized pieces, cutting away thick stems. Bring 1-inch of water to boil in a medium saucepan; add broccoli, cover, and reduce heat to medium; cook 5 to 6 minutes or until broccoli is tender. (If using frozen broccoli cooking time may not be as long.)
Slice each potato lengthwise, flatten the potato slightly so it opens up like a book, and stuff with ¼ cup beans, 2 cups broccoli, ¼ cup cheese, salsa to taste, and 2 tbsp yogurt. (The contents will be overflowing.)

Notes:
- Short on time? The potatoes can be cooked in a microwave. Puncture each potato a few times with a fork and microwave on high for 10 minutes.
- You can also steam the broccoli in the microwave by adding a little water to a microwave safe bowl; add the broccoli and cover; microwave for 3 to 4 minutes, or until broccoli is tender.

Yield: 4 servings

NUTRITION INFORMATION PER SERVING:
CALORIES: 400 calories
PROTEIN: 25 g
CARBOHYDRATE: 53 g
FAT: 12 g
SODIUM: 470 mg
FIBER: 16 g
SAT FAT: 6 g