



**BeFit**

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## **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

SODIUM: 470 mg

CARBOHYDRATE: 53 g

FIBER: 16 g

FAT: 12 g

SAT FAT: 6 g