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# Southwest 'Baked' Potatoes

Budget-friendly recipe

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Serves: 2

Ready in: 30 mins.

*Sweet potatoes and black beans make a delicious, nutritious pair!*



Photo attribution: My Tu Duong

## Ingredients

2 medium-sized sweet potatoes or large white potatoes

1 (15 oz.) can black beans *rinsed*

1 Medium tomato *diced*

2 teaspoons Olive oil

½ teaspoon Ground cumin

½ teaspoon Chili powder

¼ teaspoon Salt

sour cream, chopped scallions, chopped cilantro *optional*

## What You'll Need

Fork

Microwave-safe bowl

Microwave

## Directions

1. Pierce potatoes in several places with a fork.
2. Microwave potatoes on high 12-15 minutes, order until tender.
3. In microwave-safe bowl, combine beans, tomatoes, oil, cumin, chili powder, and salt. Microwave on high for 2-3 minutes.
4. Slice each potato down the middle. Press open, making a well in the center.
5. Spoon the bean mixture into middle of each potato.
6. If desired, top with sour cream, scallions, or cilantro.

## Nutrition Info and more

Serving size: 1

Total calories: 383 Total fat: 6 g Saturated fat: 1 g Carbohydrates: 70 g Protein: 16 g Fiber: 15 g Sodium: 400 mg