

Sweet Potatoes with Warm Black Bean Salad

For a satisfying last-minute supper, it's hard to beat a sweet potato zapped in the microwave. The fragrant filling of beans and tomatoes adds protein. Be sure to eat the skin, which is full of fiber, as well.

🕒 Preparation 15 minutes 🕒 Total 25 minutes 🍴 4 potatoes

Ingredients

or	or
4 medium sweet potatoes	1 teaspoon ground coriander
or	or
1 15-ounce can black beans, rinsed	$\frac{3}{4}$ teaspoon salt
or	or
2 medium tomatoes, diced	$\frac{1}{4}$ cup reduced-fat sour cream
or	or
1 tablespoon extra-virgin olive oil	$\frac{1}{4}$ cup chopped fresh cilantro
or	
1 teaspoon ground cumin	

Cooking method

1

Prick sweet potatoes with a fork in several places. Microwave on High until tender all the way to the center, 12 to 15 minutes. [Alternatively, place in a baking dish and bake at 425°F until tender all the way to the center, about 1 hour.]

2

Meanwhile, in a medium microwaveable bowl, combine beans, tomatoes, oil, cumin, coriander and salt; microwave on High until just heated through, 2 to 3 minutes. [Alternatively, heat in a small saucepan over medium heat.]

3

When just cool enough to handle, slash each sweet potato lengthwise, press open to make a well in the center and spoon the bean mixture into the well. Top each with a dollop of non-dairy sour cream and a sprinkle of cilantro.