

Southwestern Stuffed Potatoes

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**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

Serves: 4

Prep: 5 minutes | **Cook:** 10 minutes

INGREDIENTS

- 2 medium potatoes
- 1 cup black beans, drained and rinsed
- 3/4 cup salsa
- 1 cup frozen or canned corn
- 1/2 cup your favorite shredded cheese



DIRECTIONS

1. Wash and scrub potatoes.
2. Poke each potato several times with a fork. Microwave on high for 5 minutes. Turn potatoes over, and microwave for another 3-5 minutes or until easily pierced with a fork. Set aside.
3. In a microwave safe bowl, combine beans, salsa and corn. Microwave for 2-3 minutes, stirring occasionally, until heated through.
4. Cut potatoes in half lengthwise and flatten with a fork. Divide bean mixture between the four halves. Sprinkle with cheese and serve warm with green onions, fresh cilantro, sour cream or avocado if desired.

Nutrition Information	
<i>Serving size: 1 potato half</i>	
Calories	240
Total fat	5 g
Saturated fat	3 g
Cholesterol	15 mg
Sodium	450 mg
Carbohydrates	39 g
Fiber	8 g
Sugar	4 g
Protein	11 g

Recipe source: Food Hero