

Sweet Potatoes with Warm Black Bean Salad

Servings: 2

Adapted from

http://www.eatingwell.com/recipes/sweet_potatoes_with_warm_black_bean_salad.html

Ingredients

2 medium sweet potatoes
1 15-ounce can black beans, rinsed
1 medium tomato, diced
1/2 tablespoon extra-virgin olive oil
1/2 teaspoon ground cumin
1/2 teaspoon ground coriander
1/4 teaspoon salt
1/8 cup reduced-fat sour cream
1/8 cup chopped fresh cilantro

Preparation

- 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 degrees F until tender all the way to the center, about 1 hour.)
- 2) Meanwhile, in a saucepan, combine beans, tomatoes, oil, cumin, coriander and salt. Cook until just heated through, about 5-7 minutes.
- 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 sour cream and a sprinkle of cilantro.