



Columbia Grain™

CULTIVATING GROWTH™

RECIPE

Southwestern Stuffed Sweet Potatoes

A satisfying addition to any dinner, or even as a main, these tasty sweet potatoes are topped with black beans, avocado, tomatoes, cheese, and sour cream.



INGREDIENTS

- 4 large, sweet potatoes, washed and dried
- 2 tbsp olive oil, divided
- 1 tsp salt
- One 15 oz can black beans, rinsed and drained
- ½ cup corn
- 1 package taco seasoning
- 1 peeled, pitted and roughly chopped avocado
- ¼ cup halved cherry tomatoes
- ¼ cup shredded cheddar cheese
- ¼ cup sour cream, or full-fat Greek yogurt
- 2 tbsp chopped cilantro

INSTRUCTIONS

1. Pre-heat the oven to 400 degrees and line a baking sheet with foil.
2. Use a fork to poke several holes on one side of each sweet potato. Place the potatoes on the baking sheet hole-side up.
3. Drizzle the potatoes with 1 tbsp olive oil and sprinkle with salt then bake for about 1 hour.
4. While the potatoes bake, place the beans and the corn in a bowl. Add the remaining olive oil and the taco seasoning. Toss gently until beans and corn are coated. Set aside.
5. When the sweet potatoes can be easily pierced with a fork, remove from oven and cool for 5 minutes.
6. To assemble, slice the sweet potatoes open and use a fork to mash the inside slightly.
7. Spoon beans into each potato. Add the chopped tomatoes and avocados, then top with cheddar, sour cream, and cilantro. Serve immediately.

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