

Stuffed Sweet Potatoes with Black Beans & Avocado

45 MIN • SERVES 4 • GLUTEN-FREE

INGREDIENTS

- 4 medium sweet potatoes
- 1 tablespoon avocado oil
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- 1/2 teaspoon sea salt
- 1 can black beans, drained and rinsed
- 1 cup corn kernels
- 1/2 cup salsa verde
- 1 avocado, diced
- 1/4 cup red onion, diced
- 1 lime, cut into wedges
- Fresh cilantro, for garnish

DIRECTIONS

- 1** Preheat oven to 400°F. Pierce the sweet potatoes with a fork and rub lightly with avocado oil. Bake for 35–45 minutes, until tender.
- 2** Warm the black beans and corn in a saucepan over medium heat. Stir in chili powder, cumin, sea salt, and salsa verde.
- 3** Slice each baked sweet potato open and fluff the inside with a fork.
- 4** Fill the sweet potatoes with the black bean mixture. Top with avocado and red onion.
- 5** Garnish with fresh cilantro and serve with lime wedges.

