

# southwest stuffed sweet potato

**Serves 4 (main dish) or 8 (side dish)**

**COOK TIME:** 20-60 minutes

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4 sweet potatoes

1 avocado

1½ - 2 cups cooked black beans seasoned with  
½ tsp cumin

½ - 1 cup plain Greek yogurt

1 lime (juice and zest)

½ cup chopped cilantro

Salt (optional)

**COOK** sweet potatoes:

- Instant Pot Method: 1 cup water, place sweet potatoes on steam tray, cook for 12-13 min. for small to medium potatoes 15-17 min for large potatoes. Allow steam to release naturally.
- Oven Method: Pierce sweet potatoes all over and bake in oven until tender (40-55 minutes).
- Microwave method: [Click here](#).

**MIX** yogurt, juice and zest from ½ lime.

**MASH** avocado and mix with a squeeze of lime juice and sprinkle of salt (optional).

**SPLIT** sweet potatoes and fill with beans, avocado and Greek yogurt.

**TOP** with cilantro and remaining lime zest.

**SERVE** on a bed of leafy greens if serving as a main dish.

