

Southwest Baked Potatoes

Spice up your baked potato and load it up with fresh tomatoes and beans. Potatoes are a great food to have in your pantry because they last for a long time. Make sure to eat the skin on your potatoes to increase your fiber intake!

Makes: 2 Servings

Prep/Cook Time: 30 Minutes

Source: SNAP4CT.com recipe/Southwest Baked Potatoes

Ingredients

- 2 medium-sized potatoes (or sweet potatoes)
- 1 cup canned black beans, rinsed
- 1/2 cup shredded low-fat cheese
- 3/4 cup salsa
- 1 cup of corn

Directions

1. Pierce potatoes in several places with a fork.
2. Microwave potatoes on high 12-15 minutes, or until tender.
3. In medium sized mixing bowl combine beans, cheese, salsa, and corn.
4. Slice each potato down the middle. Press open, making a well in the center.
5. Spoon the bean mixture into middle of each potato.
6. If desired, top with light sour cream, plain yogurt, scallions or chives.



Small Changes,
BIG Difference!

Click image to watch the recipe video
or visit snapedny.org



Nutrition Information

Serving Size: 1/2 potato

Nutrients	Amount
Calories	240
Total Fat:	5 g
Saturated Fat:	3 g
Cholesterol:	15 mg
Sodium:	450 mg
Total Carbohydrates:	40 g
Dietary Fiber:	8 g
Total Sugars:	4 g
Added Sugars:	0 g
Protein	11 g

Utensils Needed

- Microwave
- Fork
- Spoon
- Knife

SHOPPING LIST

Average total cost without oil and seasonings: \$7.09

Average cost/serving: \$3.54

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 2 to cart
Large Potato (or sweet potato)



Add 1 to cart
Salsa



Add 1 to cart
Black Beans, 15 oz can



Add 1 to cart
Golden Corn, 15 oz can



Add 1 to cart
Low-fat Shredded Cheese

SAVE TIME, SAVE MONEY

My Cooking Notes

Tips

- Try dressing up potatoes with any of your favorite toppings! They can be customized for breakfast, lunch, or dinner.
- Leftovers can be stored in the fridge for up to 3 days.