

Stuffed Potatoes with Salsa and Beans

Ingredients:

1. 4 medium sweet potatoes
2. ½ cup fresh salsa
3. 1 ripe avocado, sliced
4. 1, 15-ounce can pinto beans, rinsed, warmed and lightly mashed

Directions:

1. Pierce potatoes all over with a fork. Microwave on medium, turning once or twice, until soft, about 20 minutes. Alternatively, bake potatoes at 425 degrees F for 1 hour. Transfer to a clean cutting board and let cool slightly.
2. Holding them with a kitchen towel to protect your hands, make lengthwise cuts to open the potatoes, but don't cut all the way through. Pinch the ends to expose the flesh.
3. Top each potato with salsa, avocado, beans and jalapeños. Serve warm.