



# STUFFED TEX-MEX BAKED POTATOES

## PREP TIME

10 minutes

## COOK TIME

45 minutes

## SERVINGS

2

## INGREDIENTS

- 2 large russet potatoes
- 1/2 cup black beans, rinsed and drained
- 1/4 cup salsa - store bought or fresh
- 1 tsp lime juice
- 1/2 cup plain Greek yogurt
- 1/4 tsp taco seasoning
- 1/4 cup shredded cheddar cheese

## TOOLS NEEDED

- Knife
- 2 Small Bowls
- Spatula
- Spoon

## ALLERGENS

- Dairy

## DIRECTIONS

1. Preheat the oven to 400 degrees F.
2. Scrub the potatoes. Using a knife, cut an "X" into the top of each. Place the potatoes directly on the oven rack and bake for 45 minutes until they are tender.
3. In a small bowl, stir together the beans and salsa, set aside. In another small bowl, stir together the yogurt and the taco seasoning until well blended.
4. When the potatoes are baked, carefully open them up. Top each potato with the bean and salsa mixture, lime juice, seasoned yogurt, and cheddar cheese, evenly dividing each component. Serve.

## HELPFUL TIPS

Add sliced scallions and diced tomatoes for more vegetables!

Sour cream can be used instead of yogurt.

Recipe adapted from: DASH Diet for Two by Rosanne Rust, MD, RDN, LDN

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