

BLACK BEAN STUFFED SWEET POTATOES

INGREDIENTS:

- 4 medium- large, sweet potatoes
- 1/2 cup of Cashew Cream Sauce (you could also use sour cream or plain Greek yogurt if not vegan)
- 1 teaspoon of lime juice
- 1/2 teaspoon of ground black pepper
- 1/2 of a medium red onion, finely diced (about 1 cup diced)
- 1 1/2 tablespoons of oil (I used olive oil)
- 1/4 teaspoon of garlic powder
- 1/4 teaspoon of onion powder
- 1/4 teaspoon of cumin
- 1/4 teaspoon of chili powder
- 1/2 teaspoon of sea salt
- 1 15oz (about 443.6 ml) can of black beans, drained and rinsed
- For Serving:
 - 1/2 an avocado, chopped
 - Handful of

7. Evenly spread the black bean mixture, avocado, cilantro, and cashew cream sauce on top of the 4 sweet potatoes.

8. Serve immediately and ENJOY!!

BALANCING MEAL IDEAS:

- This is a very balanced meal already! Carbohydrate source: sweet potato, Protein source: black beans, Fat source: Greek Yogurt or sour cream
- Add a side salad with a green leafy vegetable as the base (spinach, kale, etc....)

NOTES:

- You can cook the sweet potatoes in an air fryer as well. Check your personal air fryer settings to see the appropriate temperature and time.

Reference: <https://foodwithfeeling.com/black-bean-stuffed-sweet-potatoes/>