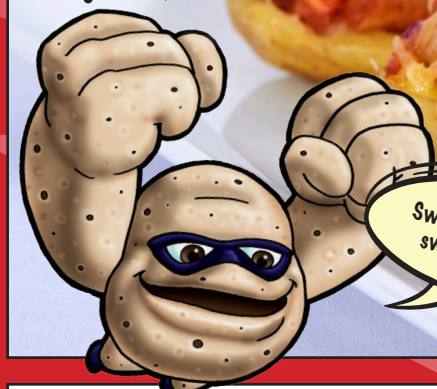


Mexican Stuffed Spuds



Swap potatoes for sweet potatoes

Ingredients

- 6 potatoes
- 1 capsicum
- ¼ red onion
- 125g canned black beans
- 125g canned corn
- 100g reduced fat cheese
- 1 cup reduced fat Greek yoghurt
- 1 teaspoon paprika
- 1 jar salsa
- 1 teaspoon ground cumin



Equipment

Fork, microwave, microwaveable plate, knife, chopping board, strainer, grater, cup measures, spoon measures, large bowl, mixing spoon, small bowl



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1.

Pierce each potato 3 to 4 times with a fork and place on a plate in the microwave. Microwave on high for 6 mins. Turn each potato and microwave again on high for a further 6 minutes.

While potatoes are cooking, chop capsicum and onion into small pieces. Grate the cheese. Drain liquid from black beans and corn. To make the yoghurt sauce, in a small bowl mix 1 cup yoghurt and 1 teaspoon paprika.



2.



3.

Once potatoes are cooked, cut in half and carefully scoop out middle of potato and put into a large bowl. Be sure not to scoop too close to the edge so the potato keeps its shape.

In the same bowl, add capsicum, onion, black beans, corn, 1 jar of salsa, 1 teaspoon cumin and mix. Pile all the mixture into the scooped-out potato skins.



4.



5.

Top each potato with grated cheese and microwave on high for 3 mins, or until cheese is melted. To finish, spoon some yoghurt sauce on top of each potato. Enjoy!



This recipe was inspired by Asha Colreavy, winner of Foodbank WA's Superhero Foods Kids' Cooking Challenge for Pilbara Primary Schools.

