

Southwestern Stuffed Potatoes

INGREDIENTS

- 2 large potatoes
- 1 can (5 oz.) low sodium canned chicken breast, drained
- 1 cup low-sodium canned black beans, drained
- 1 cup low-sodium canned corn, drained
- 1/2 cup low-fat shredded cheese
- 3/4 cup salsa

Optional:

- Diced tomatoes
- Low-fat sour cream or plain greek yogurt
- Guacamole

SERVINGS: 1
TIME: 15 MINS



Adapted From: wichealth.org



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- 1 cup low-sodium canned corn, drained
- 1/2 cup low-fat shredded cheese
- 3/4 cup salsa

Optional:

- Diced tomatoes
- Low-fat sour cream
- Guacamole

SERVINGS: 2
TIME: 15 MINS



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PROCEDURE

1. Poke each potato with a fork 2 or 3 times.
2. Microwave on high for 5 minutes. Turn potatoes over. Microwave another 3 to 5 minutes, or until easily pierced with a fork. Set aside.
3. In a microwave safe bowl, combine black beans, chicken, salsa, and corn. Microwave for 2-3 minutes, stirring occasionally, until heated through.
4. Cut potatoes in half lengthwise and flatten with a fork.
5. Divide bean mixture between all the halves. Sprinkle with cheese and serve warm.



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