

Mexican Stuffed Sweet Potatoes

Yield: 5 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/skinnytaste-com-mexican-sweet-potatoes-recipe>

Ingredients:

- 4 sweet potatoes medium/large
- 1 tablespoon olive oil extra-virgin-
- 1/2 yellow onion
- 1 zucchini squash small, diced
- 1 cup red pepper diced
- 1 cup corn
- 2 teaspoons chili powder
- 2 teaspoons paprika
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 1 cup black beans
- 1/2 cup fresh cilantro
- hot sauce Your fave, to taste
- 1 lime
- 1/2 cup plain greek yogurt
- salt
- pepper
- shredded cheese
- salsa
- plain greek yogurt
- avocado slices
- cilantro
- green onions

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 43 grams
3. Cholesterol: 5 milligrams
4. Fat: 6 grams

5. Fiber: 10 grams
 6. Protein: 9 grams
 7. SaturatedFat: 1.5 grams
 8. Sodium: 520 milligrams
 9. Sugar: 9 grams
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