

Avocado Black Bean Stuffed Sweet Potato

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 2 sweet potatoes, peel on (preferably organic)
- 1 avocado, cubed
- 3 tbsp frozen peas, thawed
- 3 tbsp frozen corn, thawed
- 1/4 cup cooked black beans
- Juice from 1 lemon
- Garnish with chopped fresh cilantro or parsley

Dressing

- 3 tbsp tahini paste (sesame seed paste)
- 2 tbsp extra-virgin olive oil
- 4-5 tbsp water to desired consistency
- Pinch sea salt
- Juice from 1 lemon

Instructions:

1. Preheat oven to 400F. Line a sheet pan with parchment paper.
2. Using a fork, poke multiple holes into each sweet potato. Place sweet potatoes on to sheet pan. Bake for approximately 1 hour or until sweet potatoes are soft.
3. Meanwhile, in a small bowl, add cubed avocado, thawed peas, corn and black beans. Squeeze with some lemon and mix together. Set aside until potato is ready to be stuffed.
4. To make the dressing, combine tahini, extra-virgin olive oil, sea salt and lemon to a bowl and whisk. Add desired water as needed.
5. Remove sweet potatoes from oven and carefully cut a slice in the top of each potato lengthwise. Using your hands, (you might need to let it cool slightly) squeeze the outside of the potato and create a little pocket for the mixture.
6. Spoon avocado black bean mixture into pocket of sweet potato, evenly divided. Top with cilantro or parsley. Enjoy right away!

Notes:

Serves 2.