

# Black Bean and Corn-Topped Potatoes

## INGREDIENTS

- 4 (6-ounce) baking potatoes
- Cooking spray
- ½ cup chopped onion
- 2 garlic cloves, minced
- 1 teaspoon ground cumin
- ½ teaspoon chili powder
- 1 (15-ounce) can no-salt-added black beans, rinsed and drained
- 1 ½ cups frozen whole-kernel corn
- 1 ½ cups fresh salsa
- ¼ cup (1 ounce) reduced-fat shredded cheddar-Jack cheese
- ¼ cup chopped fresh cilantro



## DIRECTIONS

1. Pierce potatoes with a fork; arrange in a circle on paper towels in microwave oven. Microwave at HIGH 10 minutes, turning and rearranging potatoes after 5 minutes.
2. While potatoes cook, heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add onion and next 3 ingredients; sauté 3 minutes. Reduce heat to low. Add beans, corn, and salsa; cook 4 minutes or until thoroughly heated.
3. Split potatoes lengthwise, cutting to, but not through, other side. Fluff with a fork. Spoon about 1 cup bean mixture over each potato. Top each serving evenly with cheese and cilantro.