

# Stuffed Black Bean Sweet Potato



Serving 1

## Ingredients

1 small sweet potato  
½ cup black beans  
½ tomato  
1 tsp balsamic glaze  
1 tsp hummus

## Instructions

*Pre-heat oven to 180 degrees Celsius. With a sharp knife prick the sweet potato in several places all over randomly. Bake sweet potato in the oven for 70 mins. Once cooked, slice sweet potato in half and dollop with hummus then top with black beans, tomato and drizzle with balsamic glaze.*

*NB. A great tip is to cook up sweet potato's needed for the week ahead on a Sunday. Let them cool and store in an airtight container in the fridge. Then when you need one during the week you can just head it up quickly and fill.*

