



Tip: Getting kids involved with food selection and meal prep often helps kids be more adventurous, less picky eaters.

Southwestern Stuffed Potatoes

Recipe adapted from WICHealth.org

5 min prep time

10 min cook time

Makes 4 servings

Ingredients

- ^ 2 large potatoes
- ^ 1 cob of corn (or 1 cup frozen)
- ^ 1 red bell pepper (or 1 cup frozen)
- * 1 cup canned pinto or black beans
- 3/4 cup salsa
- * 1/2 cup shredded cheddar cheese

Other optional, yummy additions:

- ^ 1 fresh jalapeno, diced (for some heat!)
- ^ 1 medium tomato
- * 1 medium avocado

^ Farmer's Market foods

* WIC foods



Directions

1. Wash prep area, your hands, and potatoes. Drain and rinse canned beans.
2. Poke each potato with a fork 2 or 3 times. 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 beans, salsa, and corn. Microwave for 2-3 minutes, stirring occasionally, until heated through.
4. Cut potatoes in half length-wise and flatten with a fork. Divide bean mixture between all the halves. Sprinkle with cheese and serve warm.

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