Loaded Baked Sweet Potato

4 medium sized sweet potatoes

1/2 cup fat free Greek yogurt, or light sour cream

1 tsp taco seasoning

1 tsp olive or canola oil

1 red bell pepper, diced

1/2 red onion, diced

1 tsp chili powder

1/2 tsp paprika or smoked paprika

1/2 tsp cumin

a pinch of salt

1-1/3 cups black beans, rinsed and drained

1/2 cup salsa

1/2 cup Mexican cheese blend

1/4 cup chopped cilantro

Poke holes in potatoes with a fork.

Microwave on high for 8 minutes.

Stir together yogurt and taco seasoning.

Heat oil in skillet.  Add peppers, onions, chili powder, paprika, cumin and salt.  Cook 5 minutes or until caramelized.

Add beans and cook another 5 minutes.

Slice potatoes lengthwise and open.

Top with 2 Tablespoons cheese.

Top with 1/3 cup bean mixture.

Top with 2 T. yogurt mixture and salsa.