

## **“Nacho” Baked Potato**

### **Ingredients:**

1 large Baking Potato

½ cup Black Beans, canned or prepared as directed

¼ cup Salsa of your choice

¼ to ½ Avocado, cubed, sliced or smashed.

Salt and pepper to taste

Cilantro and Lime wedges for Garnish

### **Directions:**

1. Preheat the oven to 450 degree
2. Pierce the potato with a fork or knife a few times to allow the steam to escape. Bake in the oven for about 40 minutes, depending on the size of the potato. Pierce the potato with a fork or knife to check if it is soft and cooked through.
3. When the potato is done, slice open. Layer on Black Beans, salsa, avocado. Season with salt and pepper, if using, and garnish with cilantro and lime.
4. Enjoy your yummy, healthy meal!