



Idaho® Baked Potato with Roasted Corn and Black Bean Relish

4 servings
½ potato per serving

INGREDIENTS • POTATOES

- 2 medium baked russet potatoes
- Hot sauce (optional)

INGREDIENTS • RELISH

- 1 cup corn, roasted, or thawed frozen roasted corn
- 1 cup cooked black beans
- ¼ cup diced red bell pepper
- ¼ cup diced red onion
- ¼ cup chopped fresh cilantro
- 1 tablespoon finely chopped jalapeño, seeds and ribs discarded
- 1 tablespoon olive oil
- 1 tablespoon lime juice
- 1 teaspoon ground cumin
- ½ teaspoon coriander
- ½ teaspoon chili powder
- ¼ teaspoon salt

DIRECTIONS

- Put all the relish ingredients in a medium bowl and mix to incorporate.
- Cut a slit into the warm baked potatoes and fluff up the flesh with a fork.
- Top each potato with half of the relish.
- Drizzle with hot sauce.
- Serve immediately.

NUTRITION ANALYSIS (PER SERVING)	
Calories	370
Total Fat	8.5 g
Saturated Fat	1.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.5 g
Monounsaturated Fat	5.5 g
Cholesterol	0 mg
Sodium	327 mg
Carbohydrates	65 g
Fiber	12 g
Sugars	8 g
Protein	14 g
Dietary Exchanges: 4 starch, 1 vegetable, ½ lean meat, 1 fat	

This recipe from the Idaho Potato Commission is an American Heart Association Heart-Check certified recipe.

