

## Baked Potatoes with Black Bean and Corn Salsa

<p><b>Equipment:</b></p> <p>Frying pan Baking tray Measuring cups and spoons Wooden spoon Chopping board Sharp knife</p>	<p><b>Ingredients:</b></p> <p>4 large baking potatoes 2 tablespoons of cooking oil ½ cup chopped onion 2 garlic cloves, minced 1 teaspoon ground cumin ½ teaspoon chili powder 1 can black beans, rinsed and drained 1 ½ cups frozen whole-kernel corn 1 ½ cups fresh salsa ¼ cup reduced-fat shredded cheddar ¼ cup chopped fresh coriander</p>
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### What to do:

1. Preheat an oven to 210°C
2. Pierce potatoes with a fork – roughly 3 or 4 times each. Place the potatoes on oven trays and lay these trays in the preheated oven.
3. Cook the potatoes for approximately 1 hr. This time may vary depending on the size and variety of potato.
4. While potatoes cook, heat a large nonstick frying pan over medium-high heat. Place 2 tablespoons of oil in the frying pan. Add the diced onion and the next 3 ingredients; sauté for 3 minutes. Reduce heat to low. Add beans, corn, and salsa; cook 4 minutes or until thoroughly heated.
5. Cut the potatoes lengthwise, while avoiding cutting all the way to the other side. Fluff the inside with a fork. Spoon about ½ cup bean mixture over each potato. Top each serving evenly with cheese and coriander.