



Mexican Baked Potatoes with Bean-and-Corn Salsa

INGREDIENTS

6-8 large baking potatoes
cheese or cheese sauce

BEAN-AND-CORN-SALSA

1--16 ounce can kidney or pinto beans,
rinsed and drained
1—15.5 oz can cannellini beans, rinsed and
drained
1—15 ounce can corn, drained
½ cup red bell pepper, chopped
¾ cup fresh cilantro or parsley, chopped
1--15 ounce can diced tomatoes, or 2 cups
fresh
1—4 ounce canned green chilies, chopped
1 small onion, finely chopped
3-4 scallions, chopped or minced
1 tablespoon lemon juice
1 teaspoon ground cumin
½ teaspoon garlic powder
½-1 teaspoon salt
¼ teaspoon chili powder (optional)

DIRECTIONS

1. Bake potatoes until tender.
2. While potatoes bake, in medium bowl mix salsa ingredients. (Best if refrigerated for at least an hour to enhance flavor.)
3. When potatoes are ready, split them in half lengthwise. Top with bean-and-corn salsa, and cheese sauce.

Servings: 6-8

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Cheese Sauce

INGREDIENTS

- 1 cup water
- ½ cup raw cashews
- 4 ounces pimentos, drained, or ½ red or orange bell pepper
- ¼ cup oatmeal

- 1 to 1½ teaspoons salt
- 2 tablespoons oil
- ⅓ cup nutritional yeast flakes
- 1 teaspoon onion powder
- 1 tablespoon lemon juice
- ⅓ cup Daiya cheese shreds (optional)

- 1½ cups boiling water

DIRECTIONS

1. Blend first four ingredients well.
2. After blending add all but boiling water.
3. Add boiling water and reblend.
4. Pour in pot and boil for 2 minutes.