



## 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

ADAPTED FROM *More Choices, Eat Well, Live Well*, by Cheryl D. Thomas-Peters, RD, and James A. Peters, MD, DrPH, RD, p. 107

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