Spud Skins with Bean Salsa

Ingredients:
• 16 oz can black beans- drained & rinsed
• 4 baking potatoes- prick with fork
• 11 oz can of corn with peppers- drained
• 1 cup salsa
• 1 cup reduced fat cheese (cheddar or monterey jack)
• Ingredients: SpaghettiO Stir-Fry, 335 kcals
• 2 cans of 15 oz SpaghettiOs
• 1/2 lb lean ground beef
• 10 oz package frozen broccoli
• 1/4 cup diced green onion
• 1 small red pepper, chopped

Directions:
1. Oven preheated to 375
2. Prick potatoes with a fork
3. Bake potatoes for 15 minutes
4. Remove potatoes and let cool
5. Drain and rinse beans and corn
6. In a bowl- mix together beans, corn, salsa
7. Cut potatoes lengthwise and remove part of inner potato
8. Coat the skin with oil and bake for 15 min- skin side down
9. Place bean mix inside potato, top with cheese
10. Bake for another 10 minutes
11. Serve & enjoy