



Makes 1 Potato
Cook Time: 50 minutes

INGREDIENTS:

1 large baking potato

1½ teaspoons nutritional yeast (optional)

½ cup black beans, either canned or prepared as directed for [Black Beans](#)

¼ cup salsa of your choice

¼ to ½ avocado, cubed, sliced, or smashed

Salt and black pepper to taste

Cilantro for garnish

Lime wedges for garnish

"Nacho" Vegan Baked Potato

This recipe makes a great go-to meal for busy parents or people. It's super-quick, super-easy, super-filling, and super-nutritious. All you need is a few minutes during your kid's nap time, and—*boom!* You have a real meal to enjoy, and it didn't come out of a box.

I recommend baking a bunch of potatoes in advance to have them handy for the rest of the week, or you can simply "bake" the potato in the microwave right beforehand. You can make your own black beans and salsa, use leftovers, or even just use store-bought brands in a pinch. I do, of course, recommend spending the extra five minutes to make *salsa*—but I promise I won't judge you if you don't.

Adapted from *The Plantiful Table: Easy, From-the-Earth Recipes for the Whole Family*

By Andrea Duclos

- 1 Preheat the oven to 450°F (230°C) if baking the potato (rather than microwaving it).
- 2 Pierce the potato with a fork or knife a few times to allow the steam to escape. Bake in the oven for about 40 minutes, or microwave for 4 to 6 minutes, depending on the size of the potato. Pierce the potato with a fork or knife to check if it is soft and cooked through.
- 3 When the potato is done, slice it open, and sprinkle on the nutritional yeast, if using.
- 4 Layer on the black beans, salsa, and avocado. Season with salt and pepper, if using, and garnish with cilantro and lime.
- 5 Enjoy your yummy, healthy meal!