

BAKED POTATO SKINS WITH FRESH CORN AND BLACK BEAN SALSA

INGREDIENTS

for the salsa

3 ears fresh corn
1 (15 ounce) cans black beans, drained and rinsed
1 16 oz can whole tomatoes
1 bunch finely chopped cilantro
1 small red onion, finely chopped
1 jalapeño, seeded and chopped
1 tablespoon minced garlic
1/4 cup lime juice
1 tablespoons olive oil, or to taste
1/2 teaspoon ground cumin
kosher salt and pepper to taste

for the potato skins

4 whole Russet potatoes
4 tablespoons canola oil
2 tablespoons butter, melted
1 1/2 cup grated cheddar
2 green onions / scallions, Sliced
cilantro, to garnish
kosher salt and pepper to taste

DIRECTIONS

First make your salsa as it needs a little time for the flavors to meld. This can be made up to 2 days in advance.

In a large bowl, mix together the diced onion, garlic, lime juice, and kosher salt. Let stand at room temperature for 10 to 20 minutes (this will soften the bite of the onion). In a large pot with a steamer insert add about 2 inches of water. Add the corn and steam until just cooked through, about 5 to 8 minutes. Then shock the corn in cold water until cool to the touch. With a paring knife, carefully shave off the kernels onto a cutting board. Pour the tomatoes into a colander over the sink, and with your hands squeeze out the liquid and seeds without overly squishing them. Loosely chop the tomatoes into 1/2-inch chunks. Toss the corn, tomatoes, black beans, cilantro, cumin, and jalapeño into the bowl with the marinated onions. Add a splash of olive oil. Taste and add more lime juice, salt, cumin, hot pepper or even more cilantro, if needed.

Preheat oven to 400F.

Scrub potatoes clean (do not peel) and allow them to dry. Rub the skin of the potatoes with 2 tablespoons canola oil. Place potatoes on a baking sheet and bake until skin is crisp and potatoes are tender, about 30 to 40 minutes. Remove from the pan and allow to cool until you can handle the potatoes.

Cut potatoes in half lengthwise. Scoop out the insides, leaving a little bit of potato in the skins. Melt the butter with 2 tablespoons canola oil, then brush both the outside and the inside of the potatoes. Sprinkle the inside lightly with salt. Place potato halves face-down and return to the oven for 5 to 8 minutes. Using tongs, turn the potatoes over and continue to bake until the edges of the potatoes start to turn golden brown, another 5 minutes or so.

Remove from oven. Sprinkle the insides of the potato skins with cheddar and return to the oven until the cheese has melted, about 3-5 minutes. Place a spoonful of the corn and black bean salsa in the skins, and add a bit more cheese. Return to the oven long enough for the cheese to melt, a final 3-5 minutes.

Sprinkle with green onions and cilantro and serve immediately.