

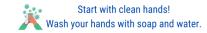
Sweet Potato Black Bean Quesadillas

Prep time: 20 min Cook time 15 min Makes 6 quesadillas

INGREDIENTS

- 1 large sweet potato
- 2 tablespoons olive oil
- 1/3 cup diced onion
- 1 15-oz. can black beans, drained and rinsed
- 1 teaspoon ground cumin
- 1/4 teaspoon paprika
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1-1/2 cup shredded cheddar cheese
- 2 cups baby spinach
- 6 whole wheat tortillas
- Cooking spray

DIRECTIONS



- 1. Dice sweet potato and toss with 1 tbsp of oil. On a cookie sheet, roast at 400° or until soft (10-15 minutes).
- 2. Heat 1 tbsp oil in pan. Add onion and cook until soft.

 Add rinsed beans, cumin, paprika, salt, and pepper and cook another 2 minutes.
- 3. When sweet potatoes are done, add to the bean mixture and cook another 1-2 minutes. Add spinach to the mixture and cook until wilted. Remove mixture from pan.
- 4. Heat another pan over medium-high heat.
- 5. Cover one half of the tortilla with 2 tbsp of the cheese and 1/2 cup sweet potato mixture. Top with another 2 tbsp of cheese. Fold the tortilla in half. Repeat for the remaining tortillas.
- 6. Spray the pan with cooking spray. Cook quesadillas on both sides until the tortilla is brown and the cheese melts.

In the USA, a **quesadilla** is usually made with a flour tortilla and any cheese. In some parts of Mexico, a quesadilla is made with a fresh corn tortilla and Oaxaca cheese. In many Central American countries, a quesadilla is a sweet cheese bread or cake!





