



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
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1-1/2 cup shredded cheddar cheese
- 2 cups baby spinach
- 6 whole wheat tortillas
- Cooking spray

DIRECTIONS



Start with clean hands!
Wash your hands with soap and water.

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!