



Black Bean and Sweet Potato Quesadillas



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Recipe provided by Chris Flood, Bronson nutrition educator. Adapted from the Michigan Nutrition Network. **Serves 4**

Ingredients

- 4 (8-inch) whole wheat tortillas
- 1 ½ cups mashed sweet potatoes
- ½ cup canned low-sodium black beans, rinsed and drained
- ½ of a 1-ounce package low-sodium or salt free taco seasoning
- ½ cup shredded cheese, any variety
- 2 green onions, chopped
- ½-1 cup salsa (optional, for serving)
- Non-stick cooking spray

Fresh Tip

Sweet potatoes should be firm and wrinkle free. Store them away from the sun in a cool, dry place.

Directions

1. Scrub potatoes, removing any blemishes, and pierce with a fork or knife.
2. Place potatoes in microwave and cook on high for 5-7 minutes, or until tender.
3. While potatoes are cooking, rinse and drain beans and place in a medium size bowl.
4. Carefully remove potatoes from the microwave, cut them open and scoop the inside into the bowl with the beans.
5. Add taco seasoning to potato/bean mixture and mash well with a masher or fork.
6. Spread sweet potato/bean mixture on ½ of each tortilla.
7. Sprinkle with cheese and green onion.
8. Fold tortilla in half.
9. Cook on a skillet sprayed with non-stick cooking spray, about 3 minutes on each side.
10. Cool slightly and cut each tortilla into 4-6 pieces.
11. Serve with salsa and enjoy!

Nutrition Information (per quesadilla)

340 calories, 4.5g fat, 53g carbohydrate, 11g protein, 7g fiber, 230mg sodium