

Sweet Potato and Black Bean Quesadilla

Serves: 4-8

Ingredients:

- 1 large sweet potato
- 1 can low-sodium black beans, drained, rinsed
- 1/4 cup chopped cilantro
- 1 Tbsp. low-sodium taco seasoning
- 8 whole wheat tortillas
- 1 cup low fat shredded Monterey Jack cheese



Directions:

Clean sweet potato and then poke with fork in several areas. Microwave on high for 5 minutes. Let sit for several to cool. Cut off skin and mash potato in a bowl. Add taco seasoning and mix thoroughly. On one half of the tortilla, spread about 2-3 TBSP of sweet potato.. Add about 2-3 TSBP of black beans. Add 1 TSBP of cilantro, then add 1/4 cup of shredded cheese. Repeat for the remaining tortillas. Heat a skillet pan and place filled tortilla on pan and cook for 4-5 minutes, flip half way through cooking time or bake in oven at 400 degrees for 8-10 minutes. Cook until tortilla is browned.

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