

Sweet Potato Quesadillas

8 servings

Vegetables provide important nutrients like vitamin A, vitamin C, potassium, folate (folic acid), and dietary fiber. It is important to eat a variety of vegetables because different vegetables provide different nutrients. Try to include different colored vegetables at each meal to make sure you are getting the important nutrients they provide.



- 8 small sweet potatoes, scrubbed with a clean vegetable brush under running water
- 2 teaspoons cumin
- 1 teaspoon chili powder
- Salt, to taste
- 16 whole wheat tortillas
- 1 (15 ounces) can low-sodium black beans, drained and rinsed
- 1 (15 ounces) can low-sodium corn, drained
- 2 cups Cheddar cheese, shredded

1. Wash hands with soap and water.
2. Prepare sweet potatoes as desired. They can be baked, boiled, steamed or sautéed until fork tender.
3. In a medium bowl, mash potatoes with a fork until they form a puree.
4. Add cumin, chili powder and salt, to taste. Mix well.
5. Place tortilla on a plate and spread sweet potato mixture on the tortilla.
6. Top sweet potato mixture with black beans, corn and cheddar cheese.
7. Place another tortilla on top of cheese.
8. Cook on medium heat in a skillet or on a griddle until brown (about two minutes), flip and brown other side.
9. Remove from heat and cut quesadilla into 6 pieces.
10. Store leftovers in a sealed container in the refrigerator.

Nutrition Information per Serving: (1/8 of recipe) Calories 540, Total Fat 16g, Saturated Fat 7g, Protein 21g, Total Carbohydrates 85g, Dietary Fiber 5g, Sodium 980mg.