

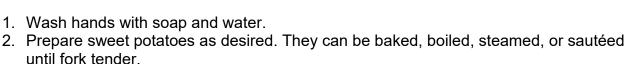


Sweet Potato Quesadillas

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 ground 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.



- 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 guesadilla into 6 pieces.
- 10. Store leftovers in a sealed container in the refrigerator up to four days.

Nutrition Information per Serving: (1/8 of recipe) Calories 540, Total Fat 16g, Saturated Fat 7g, Cholesterol 30mg, Sodium 470mg, Total Carbohydrates 84g, Fiber 5g, Total Sugars 9g, includes 0g Added Sugars, Protein 22g, Vitamin D 0%, Calcium 20%, Iron 10%, Potassium 6%.

This institution is an equal opportunity provider. This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.



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