



## Sweet Potato and Black Bean Quesadillas

*Courtesy of Operation Frontline a partner of Share our Strength*



**Yield: 8 large quesadillas**

### **Ingredients:**

- 1/2 onion chopped
- 1 can cooked black beans
- 1 tsp ground cumin
- 3/4 tsp ground cinnamon
- 4 cups sweet potatoes, about 4 medium potatoes cooked and mashed
- 8 tortillas
- 1 1/2 cups cheddar cheese, shredded

### **Preparation:**

- 1) Pre-heat oven to 400 degrees.
- 2) Sauté onion in large pan with 1 TBS oil until translucent.
- 3) Add black beans, cumin, cinnamon and cook another minute.
- 4) Add the sweet potatoes and heat through, frequently stirring to prevent sticking.
- 5) Spread about 1/2 cup filling and 2 TBS cheese on half of each tortilla, leaving a 1/2 inch border on the sides.
- 6) Fold tortilla in half.
- 7) Place on oiled baking sheets
- 8) Brush tops with oil

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9) Bake in oven until brown, 15-20 minutes.

10) Serve with salsa, guacamole and plain yogurt (a great substitution for sour cream)

**Nutrition Facts:**

369 calories

5g fat

66g carbohydrates

16g protein