



Sweet Potato and Black Bean Quesadillas SERVES: 8

- 1 large sweet potato
- 1 can (15 ounces) black beans, drained and rinsed
- ¼ cup chopped cilantro
- 1 Tbsp. low-sodium taco seasoning
- 8 whole wheat tortillas
- 1 cup pepper jack cheese, shredded

Pierce the skin of the sweet potato with a fork and microwave for 5 minutes on high and allow to cool slightly. Cut the sweet potato in half lengthwise and scoop the flesh into a medium bowl. Mash sweet potato until smooth. Add beans, cilantro, and taco seasoning mix to the mashed sweet potato and mix well.

To cook the quesadillas, heat a skillet over medium heat. Spread ⅓ of the sweet potato mixture evenly on half of a tortilla. Sprinkle with 2 tablespoons of cheese and fold tortilla in half. Place the quesadilla in the skillet and cook 3-4 minutes, or until cheese starts to melt. Flip and cook for an additional 1-2 minutes or until the tortilla is golden brown.

NUTRITION INFORMATION: 247 calories, 12 g protein, 33 g carbohydrate, 8 g fat, 381 mg sodium, 8 g fiber



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