

HEALTHY HANDFUL RECIPE

Black Bean and Sweet Potato Quesadillas

Ingredients

- 1 medium sweet potato (cooked and cut into chunks)
- 1 cup black beans, canned
- 1 small onion
- 1 clove garlic
- 1 1/2 teaspoons ground cumin
- 1 1/2 teaspoons paprika
- 1/2 large chili
- 2 tablespoons sour cream, plain low-fat OR low-fat yogurt
- 8 whole wheat tortillas
- 1/4 cup low-fat cheddar cheese
- 1/2 cup baby spinach

Instructions

1. Saute onion and garlic in a medium skillet until soft.
2. Add sweet potatoes, black beans, and spices.
3. Heat until lukewarm.
4. Spread potato mixture over tortilla, then top with baby spinach, cheese, and onion.
5. Top with the second tortilla.
6. Heat a skillet over high heat.
7. Brown the quesadilla about a minute on each side, until the inside is warm and the cheese is melted.



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