

Sweet Potato Quesadillas



Ingredients:

- 5 medium sweet potatoes
- 2 teaspoons ground cumin
- Juice of 1/2 lime
- 2 tablespoons fresh cilantro, chopped
- 1/2 cup black beans
- 6 ounces reduced fat Monterey Jack cheese, shredded
- 12 corn tortillas

Instructions:

1. Place sweet potatoes in a large pot. Cover with water and bring to a boil. Boil until soft, around 15 minutes. Drain water and let cool.
2. Move an oven rack near the top of the oven. Turn the oven to broil.*
3. Roughly dice sweet potatoes.
4. Place the diced sweet potato pieces into a large bowl with the cumin, lime juice and cilantro. Slowly stir in the black beans. Season to taste with salt.
5. Sprinkle 1 tablespoon of shredded cheese on one side of a warmed tortilla, spread a spoonful of potato bean mixture on top and sprinkle the other side with another tablespoon of cheese.
6. Fold the tortilla in half and press down to make sure the quesadilla adheres. Repeat with the remaining tortillas.
7. Arrange the quesadillas on cookie sheets. Place in the oven and broil for 2-4 minutes, or until the cheese melts through and the tortillas turn golden-brown.

*Use caution when using the broil feature on your oven, as it cooks at extremely high heat.

Makes 6 servings.



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