

A close-up photograph of a plate of Sweet Potato & Black Bean Quesadillas. The quesadillas are golden-brown and folded, with a filling of sweet potato and black beans. They are garnished with fresh, diced tomatoes and green cilantro leaves. The plate is white with a blue floral pattern around the edge. A blue banner with white text is overlaid across the middle of the image.

# Sweet Potato & Black Bean Quesadillas

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Prep Time: 10 min.

Cook Time: 20 min.

Yields: 8 servings

## INGREDIENTS

1	Large sweet potato, cubed
1 can	Black beans, drained and rinsed
¼ cup	Cilantro, chopped
1 tbsp	Low-sodium taco seasoning
8	Whole wheat tortillas
1 cup	Low-fat pepper jack cheese, shredded

## DIRECTIONS

1. Bring a medium pot of water to a boil. Add sweet potato pieces and cook until tender, about 15 minutes.
2. Remove sweet potato from the water and transfer to a large bowl. Mash with a fork until smooth.
3. Add beans, cilantro, and taco seasoning mix to the mashed sweet potato and mix well.
4. Heat skillet to medium heat.
5. Spread 1/3 cup of the sweet potato mixture evenly on a tortilla.
6. Sprinkle ¼ cup of cheese and place a second tortilla on top.
7. Place the quesadilla in the skillet and cook 3-4 minutes or until cheese starts to melt.
8. Flip and cook for an additional 1-2 minutes or until the tortilla is golden brown.
9. Cut into quarters and enjoy!

### Chef's Corner

- You can choose to leave or remove the sweet potato skin before boiling.
- Greek yogurt is a great alternative to sour cream and can be used as a dipping sauce.



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