

LiveWell

Sweet Potato Quesadillas

Yield: 6 servings (2 quesadillas each)



Ingredients:

Vegetable oil cooking spray
1 cup diced sweet onion
1/2 cup diced red bell pepper
1 cup low sodium black beans,
rinsed and drained
2 Tablespoons water, as needed
1 1/2 cups mashed cooked sweet
potato, skin removed (about 3
baked sweet potatoes)
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon dried or fresh parsley
1/2 teaspoon dried basil
1/4 teaspoon salt
1/2 teaspoon pepper
3/4 cup shredded cheddar cheese
24 corn tortillas (6-inch size)
3/4 cup non-fat Greek yogurt
3/4 cup salsa
3/4 cup mashed avocado

Directions:

1. Spray a small sauté pan with vegetable oil cooking spray. Place over high heat and sauté onions, peppers, and black beans, mashing the beans into a chunky paste while cooking. Cook for 5 minutes or until onion is browned. Add 1 Tablespoon water if pan begins to dry out and brown.
2. In a medium bowl, combine mashed sweet potato, bean mixture, garlic powder, onion powder, parsley, basil, salt, pepper, and shredded cheese.
3. Spray sauté pan again with vegetable cooking spray and adjust to medium-high heat. While heating, spread a rounded 1/4 cup of sweet potato mixture onto a tortilla. Cover it with another tortilla and place in heated pan. Sauté on each side for 5 minutes or until melted and browned on both sides. Repeat with remaining quesadillas.
4. Serve with 2 Tablespoons each Greek yogurt, salsa, and avocado.

Nutrition information per serving:

Calories: 442	Sodium: 424 mg	Food exchanges:
Fat: 12 grams	Carbohydrates: 69 grams	4 carbohydrate,
Saturated fat: 4 grams	Fiber: 10 grams	2 vegetable
Cholesterol: 17 mg	Protein: 14 grams	2 1/2 fat