

Sweet Potato Black Bean Quesadilla

Main Course



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Servings: Approx 3-4 Large Quesadillas

Ingredients:

- Whole wheat tortillas
- 1 can of black beans
- 1 sweet potato
- Cheese of your choice: vegan cheddar, regular cheddar, pepperjack etc.
- Optional Veggies:
 - Green onions
 - Red onions
 - Zucchini/squash
 - Spinach
 - Kale
 - Grape tomato
 - Salsa

Directions:

1. Peel and dice your Sweet potato into bite size cubes and cook accordingly. (You can roast them until soft, boil them, or even microwave the potato until cooked through.)
2. Drain and rinse black beans.
3. Prepare other veggies that you wish to include in your quesadilla.
4. Heat a nonstick skillet to medium heat and spray with cooking oil, canola or olive, whatever you have and lay tortilla out on the pan.
5. Fill with diced sweet potato, black beans, tomatoes, zucchini, onion etc. Sprinkle a small amount of cheese onto tortilla and place another tortilla over the top. Spray the top tortilla with cooking spray.
6. Once the tortilla has become golden brown and the cheese begins to melt, flip quesadilla to the other side and continue to brown. Adjust heat so that the cheese is melted by the time you finish.
7. Serve with Salsa, Guacamole or just plain avocado, enjoy!