

Healthy Sweet Potato Quesadillas



Servings:

4

Prep Time:

10 min

Cook Time:

10 min

Ingredients

- 1 Sweet Potato
- ½ can **Black Beans**, Rinsed
- 2 cups **Spinach**
- ½ cup **Shredded Cheese**
- 1 tbsp **Taco Seasoning**
- 1 tbsp **Olive Oil**
- 4 **Tortillas**

Method of Preparation

Step 1

Heat oil in a pan over medium heat. Add spinach and sprinkle with taco seasoning. Cook until wilted for about 2 minutes. Remove from heat.

Step 2

Pierce sweet potato 4 times with a fork. On a microwave safe plate, cook for 5 minutes or until tender.

Scoop potato out into a large bowl and mash.

Step 3

Add black beans to the bowl and mix.

Step 4

Place a tortilla into a pan over medium heat. Layer sweet potato mixture. Then add a layer of cooked spinach.

Top with shredded cheese and a second tortilla.

Cook until cheese has melted and edges begin to curl. Flip and continue cooking.

Serve with desired dipping sauce; we love a fresh salsa!