

Louisiana HARVEST of the MONTH

Sweet Potato & Black Bean Quesadilla

Home Recipe

Serves: 6
Prep Time: 10 minutes
Cook Time: 45 Minutes

Ingredients

- Six 8 inch whole wheat tortillas
- 1 large Louisiana sweet potato, peeled and diced
- 1 ½ cups of low sodium black beans, cooked
- 1 Tbsp of chopped fresh cilantro OR 1 tsp of dried cilantro
- ⅛ cup of canned or frozen corn
- 1 ½ cup of grated low fat cheddar cheese
- Cooking spray

Nutrients Per ½ Cup Serving

- **Calories** 350
- **Total Fat** 8 g
 - **Saturated Fat** 4.5 g
- **Cholesterol** 15 mg
- **Sodium** 680 mg
- **Carbohydrates** 53 g
 - **Dietary Fiber** 7 g
- **Protein** 17 g
- **Calcium** 307 mg
- **Iron** 2 mg
- **Potassium** 493 mg

Cooking Instructions

- 1) Preheat oven to 375° F. Line a pan with parchment paper. Spray parchment paper with cooking spray. Place tortillas side by side in the pan.
- 2) Place diced sweet potatoes into a pot and cover them with water. Bring to a boil. Reduce heat to medium-low and simmer until very tender or about 15 minutes. Drain and transfer to a bowl to mash and combine with cilantro and chili powder.
- 3) Spread ¼ cup of the sweet potato mixture on one half of each tortilla. Cover with ¼ cup of black beans and ⅛ cup of corn. Sprinkle ¼ cup of grated cheese over the corn and fold the tortilla in a half moon shape. Repeat with remaining tortillas.
- 4) Spray top of the tortillas with cooking spray to aid the browning. Bake for 15 minutes or until the cheese is melted and the tortilla is crisp.

These quesadillas are a tasty vegetarian appetizer that even meat-eaters will like!



For More Information
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