

Scrumptious Sweet Potato and Red Bean Quesadillas

Courtesy of Chef Nadine of Nutrition Synergies, LLC

Ingredients

- 2 cups organic canned red kidney beans, rinsed and drained
- 2 cups cooked (bake in 350 degree oven until tender) and mashed sweet potatoes (2 medium-sized fresh sweet potatoes or canned sweet potatoes)
- Vegetable stock, broth, or water (to blend for consistency)
- 1 teaspoon chili powder
- 1 teaspoon smoked paprika
- 2 teaspoons ground cumin
- ½ teaspoon crushed red pepper
- 1 teaspoon liquid smoke
- Pinch of salt
- 6 10-inch whole wheat flour tortillas
- 12 ounces shredded cheese
- 1 jar salsa
- 1 container plain Greek yogurt
- 2 bunches scallion (rinse well, chop green tops only)

Directions

Preheat oven to 375 degrees

1. Blend sweet potatoes, beans and spices in a food processor. Add liquid in stages just until smooth
2. Preheat skillet with 1 tablespoon olive oil (Repeat this process for each quesadilla)
3. Take bean and sweet potato mixture and spread evenly between the flour tortillas and top with cheese. Heat quesadillas in skillet until cheese melts. Cut into four pieces with a pizza cutter and serve. You may top with plain yogurt, salsa and chopped green onions.

Nutrition Information

Amount Per Serving

Serving Size: 1 tortilla with ½ c mixture, 2 T cheese, 1 T of each salsa & Greek yogurt on top

Calories: 326

Total Fat: 10 g
Saturated Fat: 3 g
Cholesterol: 15 mg
Sodium: 531 mg

Total Carbs: 46 g
Dietary Fiber: 10 g
Protein: 11 g