SWEET POTATO QUESADILLAS

SERVES 4

Preparation time: 40 minutes
Cook time: 15-20 minutes

INGREDIENTS

- 3 cups sweet potatoes, peeled and cut into large chunks
- 1½ cups onion
- 2 cloves garlic
- 3 teaspoons dried oregano
- 1½ teaspoons dried basil
- 1½ teaspoons chili powder
- 1½ teaspoons ground cumin (optional)
- 8 tortillas
- 1 cup black beans
- 1 cup shredded cheddar cheese
- Salt and pepper to taste
- Low fat sour cream
- Salsa

DIRECTIONS

1. Cover sweet potato chunks with water and boil in a large saucepan until soft, about 10-15 minutes.
2. Drain chunks and mash with a potato masher. Set aside.
3. Finely chop onions and garlic then sauté in oil and large fry pan until translucent. Stir in sweet potatoes, oregano, basil, chili powder, basil, salt and pepper and heat through.
4. Spread sweet potato mixture on half of each tortilla.
5. Spoon black beans on top of filling and then sprinkle with cheese.
6. Fold tortilla in half and place on oiled baking sheet. Brush tops of tortillas with oil.
7. Bake at 400 degrees for 15-20 minutes.
8. Serve with sour cream and salsa.

SIMPLY GOOD EATING

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