



# Sweet Potato Quesadillas



## Ingredients



- 1 large sweet potato
- 1/2 tsp. cumin
- 1/2 tsp. garlic powder
- 1/4 tsp. onion powder
- 1/4 tsp. chili powder
- Salt and pepper to taste
- 1/2 cup black beans
- 1 cup spinach
- 1/2 Tbsp. olive oil
- 4 whole wheat tortillas



## Directions



**Yield:** 2 quesadillas **Serving size:** 1 quesadillas **Total cost:** \$3.20 **Serving cost:** \$1.60

1. Preheat oven to 450 F and line a baking sheet with parchment paper.
2. Cut potato in half lengthwise. Place cut side down on baking sheet. Bake 30-40 minutes until tender when pierced with fork.
3. Peel skin off of potato. Place potato filling in bowl and mash with fork. Mix in seasonings, salt, and pepper. Mix in black beans and spinach.
4. Heat oil on skillet over medium heat.
5. Take one tortilla and spread 1/2 of sweet potato mixture evenly over tortilla. Top with other tortilla then place on heated skillet. Cook 1-2 minutes on each side. Repeat with remaining mixture and tortillas.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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# Fast Facts



## Featured Food Groups



## Cooking Tips



- Add in any veggies you have on hand (corn, tomatoes, peppers, etc.).
- Substitute black beans for any beans you like.
- Serve with guacamole, salsa, or sour cream.

## Nutrition Facts

2 servings per container  
Serving size 1 Quesadilla

Amount Per Serving	Calories	460
% Daily Value*		
Total Fat 10g		13%
Saturated Fat 1.5g		8%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 520mg		23%
Total Carbohydrate 81g		29%
Dietary Fiber 15g		54%
Total Sugars 8g		
Includes 0g Added Sugars		0%
<b>Protein 15g</b>		<b>30%</b>
Vitamin D 0mcg		0%
Calcium 260mg		20%
Iron 5.04mg		30%
Potassium 940mg		20%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Second Harvest is an equal opportunity provider.



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