

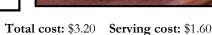
## Sweet Potato Quesadillas



	Viold: 2 guardillas Saming size: 1 guardillas	Total cost: \$3.20 Serving cost: \$1.60
• 1/4 tsp. chili powder	• 4 whole wheat tortillas	
• 1/4 tsp. onion powder	• 1/2 Tbsp. olive oil	
• 1/2 tsp. garlic powder	• 1 cup spinach	OTHER OF
• 1/2 tsp. cumin	• 1/2 cup black beans	
• 1 large sweet potato	• Salt and pepper to taste	a farmer and

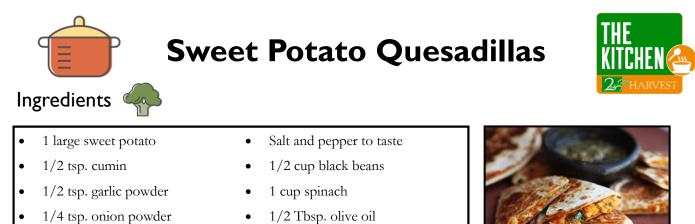
## Directions

Yield: 2 quesadillas Serving size: 1 quesadillas



- 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.
- Heat oil on skillet over medium heat. 4.
- Take one tortilla and spread 1/2 of sweet potato mixture evenly over tortilla. Top with other tortilla then place on heated 5. skillet. Cook 1-2 minutes on each side. Repeat with remaining mixture and tortillas.

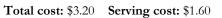
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Take one tortilla and spread 1/2 of sweet potato mixture evenly over entire tortilla. Top with other tortilla then place on 5. heated skillet. Cook 1-2 minutes on each side. Repeat with remaining mixture and tortillas.



**Fast Facts** 





Featured Food Groups
Fruits Crains   Vegetables Protein   Protein Solution   Choose MyPlate.gov Conce MyPlate gov
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 Fa	acts
2 servings per container	
Serving size 1 C	Quesadilla
Amount Per Serving	
Calories	<u>460</u>
	% 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%
Protein 15g	30%
Vitamin D 0mcg	0%
Calcium 260mg	20%
Iron 5.04mg	30%
Potassium 940mg	20%
*The % Daily Value (DV) tells you how much serving of food contributes to a daily diet. 2, day is used for general nutrition advice.	

Second Harvest is an equal opportunity provider.



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	25 HARVEST

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