

## BLACK BEAN and SWEET POTATO QUESADILLAS



### INGREDIENTS:

- 2 medium sweet potatoes, peeled
- 1/2 teaspoon salt
- 2 teaspoons oil
- 1 (15 ounce) can black beans, rinsed and drained
- 6 medium-sized flour tortillas
- 1 1/4 cups freshly grated jack cheese
- Optional toppings: light sour cream or plain Greek yogurt, avocado, salsa, cilantro

### INSTRUCTIONS:

1. Chop and boil the sweet potatoes until soft. Drain and mash.
2. Add in black beans and fold to combine.
3. Season the sweet potato and bean mixture with salt and pepper.
4. Heat a small amount of oil in a skillet.
5. Assemble the quesadillas by placing one tortilla on warm skillet. Sprinkle cheese on top and spread a layer of the sweet potato and black bean mixture, then top with another tortilla.
6. Use a spatula to flip so both sides of tortilla get brown and a little crispy.
7. Remove from heat and cut into triangles.
8. Eat and enjoy!

**Yield:** 4-6 servings

**Source:** Nutrition Dept. Original

*The ingredients for this recipe can be purchased with CalFresh benefits. To learn more about or how to apply for CalFresh benefits, call Humboldt County DHHS Social Services at 1-877-410-8809 or visit [benefitscal.com](http://benefitscal.com).*

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