Ingredients

- Six 8 inch whole wheat tortillas
- 1 large Louisiana sweet potato, peeled and diced
- 1 ½ cups of low sodium black beans, cooked
- 1 Tbsp of chopped fresh cilantro OR 1 tsp of dried cilantro
- ⅛ cup of canned or frozen corn
- 1 ½ cup of grated low fat cheddar cheese
- Cooking spray

Nutrients Per ½ Cup Serving

- Calories: 350
- Total Fat: 8 g
- Saturated Fat: 4.5 g
- Cholesterol: 15 mg
- Sodium: 680 mg
- Carbohydrates: 53 g
- Dietary Fiber: 7 g
- Protein: 17 g
- Calcium: 307 mg
- Iron: 2 mg
- Potassium: 493 mg

Cooking Instructions

1) Preheat oven to 375° F. Line a pan with parchment paper. Spray parchment paper with cooking spray. Place tortillas side by side in the pan.

2) Place diced sweet potatoes into a pot and cover them with water. Bring to a boil. Reduce heat to medium-low and simmer until very tender or about 15 minutes. Drain and transfer to a bowl to mash and combine with cilantro and chili powder.

3) Spread ¼ cup of the sweet potato mixture on one half of each tortilla. Cover with ¼ cup of black beans and ⅛ cup of corn. Sprinkle ¼ cup of grated cheese over the corn and fold the tortilla in a half moon shape. Repeat with remaining tortillas.

4) Spray top of the tortillas with cooking spray to aid the browning. Bake for 15 minutes or until the cheese is melted and the tortilla is crisp.

These quesadillas are a tasty vegetarian appetizer that even meat-eaters will like!

For More Information
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