Sweet Potato and Black Bean Quesadillas Serves: 8

1 large sweet potato
1 can (15 ounces) black beans, drained and rinsed
1/4 cup chopped cilantro
1 Tbsp. low-sodium taco seasoning
8 whole wheat tortillas
1 cup pepper jack cheese, shredded

Pierce the skin of the sweet potato with a fork and microwave for 5 minutes on high and allow to cool slightly. Cut the sweet potato in half lengthwise and scoop the flesh into a medium bowl. Mash sweet potato until smooth. Add beans, cilantro, and taco seasoning mix to the mashed sweet potato and mix well.

To cook the quesadillas, heat a skillet over medium heat. Spread 1/8 of the sweet potato mixture evenly on half of a tortilla. Sprinkle with 2 tablespoons of cheese and fold tortilla in half. Place the quesadilla in the skillet and cook 3-4 minutes, or until cheese starts to melt. Flip and cook for an additional 1-2 minutes or until the tortilla is golden brown.

NUTRITION INFORMATION: 247 calories, 12 g protein,
33 g carbohydrate, 8 g fat, 381 mg sodium, 8 g fiber