



Sweet Potato and Black Bean Quesadilla

Serves 1

Ingredients

- 0.5 cup black bean
- 0.05 tsp black pepper
- 0.25 cup cheddar cheese
- 0.25 tsp chili powder
- 0.1 cup cilantro
- 2 each corn tortilla
- 0.25 tsp cumin
- 0.25 each lime
- 0.5 tbsp olive oil (auto-linked (score 0.92))
- 0.1 each red onion
- 0.1 tsp salt (auto-linked (score 0.92))
- 0.5 each sweet potato

Instructions

1. Dice sweet potato into 1/2-inch cubes and red onion into thin slices.
2. Heat olive oil in a skillet over medium heat, add sweet potato and onion, and cook until tender, about 8-10 minutes.
3. Stir in black beans, chili powder, cumin, salt, and black pepper. Cook for 2-3 minutes.
4. Warm tortillas in a clean, dry skillet or microwave. Place one tortilla in the skillet.
5. Spread half of the sweet potato and bean mixture over the tortilla, sprinkle with half of the cheddar cheese.
6. Top with the second tortilla. Cook until cheese is melted and tortillas are lightly browned, about 3-4 minutes per side.
7. Remove from skillet, cut into wedges, and garnish with fresh cilantro and a squeeze of lime juice.
8. Serve immediately and enjoy.