

Sweet Potato Quesadillas

7 ingredients · 20 minutes · 3 servings



Directions

1. Heat a large nonstick skillet over medium heat. Add half the water and then the sweet potato and sauté for one minute. Then add the taco seasoning. Sauté over medium-low heat until cooked through, about six to eight minutes. Add more water if needed to prevent any sticking.
2. Once the sweet potato is cooked through, add the spinach, black beans, and salsa. Stir to combine and cook until the spinach is wilted and the beans are warmed through. Remove from the heat and set aside in a large bowl. Wipe out the skillet.
3. Place the tortilla on the skillet over medium-low heat and spread the sweet potato filling over half the tortilla, leaving a slight border around the edges. Fold the tortilla in half and gently press down. Cook for two to three minutes per side or until browned and crispy. Let the quesadilla cool slightly and then cut into wedges. Enjoy!

Ingredients

- 1/4 cup Water (divided)
- 1 Sweet Potato (shredded)
- 1 1/2 tsps Taco Seasoning
- 1 1/2 cups Baby Spinach
- 1 1/2 cups Black Beans (cooked, rinsed)
- 1 cup Salsa
- 3 Brown Rice Tortilla

Notes

Leftovers

For best results, enjoy immediately. Refrigerate in an airtight container for up to two days. Reheat in a dry pan.

More Flavor

Add cheese or plant-based cheese. Add salt and pepper to the bean mixture. Serve with avocado on the side or mashed for dipping.