

# Sweet Potato Quesadillas



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Mashed sweet potatoes give these quesadillas a boost of flavor and nutrients.

## Ingredients:

- 2 small sweet potatoes
- 2 medium red, yellow or orange bell peppers, cut into ½-inch strips
- 1 medium yellow onion, cut into ½-inch strips
- ½ teaspoon olive oil
- Salt and pepper to taste
- 1 teaspoon minced garlic
- Cooking spray
- 4 (8-inch) whole-wheat tortillas
- 1 cup shredded pepper jack or cheddar cheese

## Directions:

1. Heat oven to 400°F
2. Wash potatoes well. Wrap in aluminum foil and bake approximately 45 minutes or until easily pierced with a fork. Remove from oven. Unwrap potatoes; remove flesh from the skins and mash. Keep warm. (You can also microwave the potatoes to reduce cooking time. Wash potatoes, pierce with fork five to six times and microwave on high for 5 to 7 minutes depending on the size of the potato).
3. Heat oil in a large nonstick skillet over medium-high heat. Add peppers, onion, salt and pepper, and cook 10 to 12 minutes or until tender. Add garlic and sauté 2 more minutes. Remove from heat and keep warm.
4. Coat a medium nonstick skillet with cooking spray and heat over medium-high heat. Add 1 tortilla to skillet and sprinkle with ¼ cup of cheese. Heat until cheese begins to melt. Spread approximately ¼ of the mashed sweet potatoes over ½ of the tortilla; top with ¼ of the pepper and onion mixture (use slotted spoon for pepper and onion mixture to drain off excess moisture). Fold over tortilla and cook approximately 1-2 minutes on each side or until browned. Remove quesadilla from heat and keep warm.
5. Repeat step four with additional 3 tortillas. Serve with tomato salsa and sour cream, if desired.

## Nutritional Facts per 1 quesadilla (makes 4 servings)

Calories: 333 • Fat: 11g • Sodium: 424mg • Carbohydrates: 47g • Protein 14g • Dietary Fiber: 6g • Protein: 12g

Source: reprinted from [eatright.org](http://eatright.org)



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