

SWEET POTATO & BLACK BEAN QUESADILLAS



SERVES 2

INGREDIENTS

- 1 medium sweet potato, cubed
- ¼ cup of salsa
- 1 tsp chili powder
- 1 tsp cumin
- ½ juice of one lime
- 2 tbsp nutritional yeast, optional
- 1 ½ cup cooked black beans, drained and rinsed (1 15 oz can)
- Salt and pepper to taste
- 4 whole-wheat tortillas

For serving, optional

- Guacamole
- Salsa
- Non-dairy plain yogurt
- Sliced bell peppers

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Perfectly seasoned, simple to prepare, and absolutely delicious. These quesadillas are protein-packed, fiber-rich, and the perfect addition to your weeknight rotation.

INSTRUCTIONS

1. Place the cubed sweet potatoes in a saucepan with enough water to cover. Bring to a boil, then reduce heat, cover and simmer until fork-tender.
2. Transfer cooked sweet potatoes to a mixing bowl and add salsa, chili powder, lime juice, and nutritional yeast. With a fork, smash and mix until well-combined. Fold in black beans. Add salt and pepper to taste.
3. Heat a grill or grill pan over medium heat. Spread a heaping ½ cup of the sweet potato mixture onto a tortilla. Top with a second tortilla and gently press it down. Repeat with remaining tortillas.
4. Place quesadillas on the heated grill and cook for about 3 minutes on each side, until they are golden brown and grill marks form.
5. Slice into triangles and serve with guacamole, salsa, and/or non-dairy plain yogurt for dipping. To round out the meal, pair with sliced bell peppers.

NOTES

For a spicier quesadilla:

- Choose a spicy salsa
- Add 1 tablespoon of green chilis
- Serve with hot sauce.

For a milder quesadilla:

- Choose mild salsa
- If you don't have a grill, you can make these quesadillas on a stove top.
- Feel free to substitute the boiled sweet potato for an equal amount of roasted sweet potato.



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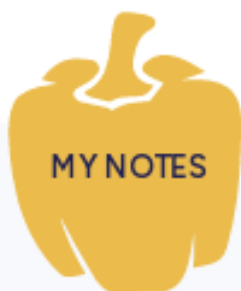
SERVES 4

INGREDIENTS

- 2 medium sweet potatoes, cubed
- ½ cup salsa (or more)*
- 3 teaspoons chili powder
- 1-2 teaspoons cumin (optional)
- Juice from 1 large lime, or two small
- 4 tablespoons nutritional yeast (optional)
- 2 cans cooked black beans, drained and rinsed
- Salt and pepper to taste
- 8 whole-wheat tortillas



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MY NOTES
