



Sweet Potato Quesadillas



Sweet Potato Quesadillas

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 Tbsp. olive oil
- Pepper to taste
- 1 tsp. 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 (204°C).
2. Wash sweet potatoes well. Wrap in aluminum foil and bake about 45 minutes or until easily pierced with a fork. Remove from oven. Unwrap sweet potatoes. Remove flesh from the skins and mash the flesh. Keep warm. (You can also microwave the sweet potatoes to reduce cooking time. Wash the sweet potatoes, pierce with a fork five to six times, and microwave on high for 5 to 7 minutes depending on the size of the sweet potato).
3. Heat oil in a large nonstick skillet over medium-high heat. Add bell peppers, onion, 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 cheese. Heat until cheese begins to melt. Spread about ¼ of mashed sweet potatoes over ½ of tortilla; top with ¼ of bell pepper and onion mixture (use slotted spoon for bell pepper and onion mixture to drain off excess moisture). Fold over tortilla and cook about 1 to 2 minutes on each side or until browned. Remove quesadilla from heat and keep warm.