

## **Black Bean and Sweet Potato Quesadillas**

### **Ingredients:**

1. Large sweet potato, 1
2. Brown rice, cooked, 1 cup
3. Vegetarian refried beans, 8 ounces
4. Salsa, 1 cup
5. Fresh spinach, 1 cup
6. Black beans, drained and rinsed, 8 ounces
7. Onion powder,  $\frac{1}{4}$  teaspoon
8. Chili powder,  $\frac{1}{4}$  teaspoon
9. Cumin,  $\frac{1}{4}$  teaspoon
10. Whole-wheat tortillas, 6

### **Directions:**

1. Peel sweet potato, slice into small pieces, then steam for 5 minutes.
2. In a large bowl, mash sweet potatoes with the salsa, rice and fresh spinach.
3. Place sweet potato mash in a sauce pan; mix in black beans and refried beans, heating mixture over medium heat.
4. Stir into mixture onion powder, chili powder, and cumin.
5. Place a tortilla in a frying pan on medium heat and slather the upward facing side with sweet potato and bean mixture.
6. Place another whole wheat tortilla on top. Press down on top tortilla with spatula.
7. Heat tortilla using medium heat for 3 minutes, then flip tortilla and cook for another three minutes.
8. Cut into desired number of sections. Serve topped with salsa.