

SAVORY SWEET POTATO QUESADILLA

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Sodium, Vegetarian

Serves: 8 (Serving= 1 quesadilla)

Nutrition (per serving)

Calories: 197

Total Fat: 9 g

Saturated Fat: 4 g

Sodium: 488 mg

Total Carbohydrate: 16 g

Dietary Fiber: 5 g

Protein: 12 g



Ingredients

- 1 Tablespoon olive oil
- ¼ cup diced red onion
- 1 teaspoon minced garlic
- 2 medium sweet potatoes, peeled and diced
- 1 teaspoon chili powder
- 1 teaspoon paprika
- 1 teaspoon ground cumin
- 1/8 teaspoon cayenne pepper
- ½ teaspoon ground cinnamon
- ¾ cup water
- 1- 15.5 oz can no salt added black beans, drained and rinsed
- 2 cups spinach leaves, roughly chopped
- Cooking spray
- 8 fajita size (6") low carb whole wheat tortillas (choose gluten free tortillas for GF version)
- 1 ½ cups part skim shredded mozzarella cheese



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Directions

1. In a large skillet, heat olive oil and sauté onions and garlic for about 2-3 minutes on medium heat. Add in sweet potatoes and spices, cooking for another few minutes.
2. Add water to skillet and let mix simmer on low for about 15 minutes or until potatoes are soft. Add black beans and spinach and stir until spinach becomes wilted.
3. Transfer mixture to a medium sized bowl and wipe out the skillet with a paper towel.
4. Spray the skillet with cooking spray then place one tortilla on low-medium heat. Sprinkle 1 tablespoon of cheese on half of the tortilla, top with ½ cup potato mixture, and add 2 more tablespoons of cheese. Fold the tortilla in half and cook until the cheese melts and it is golden brown on the bottom, about 2 minutes. Flip and repeat on the other side.
5. Cut tortillas into thirds using a knife or pizza cutter. Serve with a dollop of nonfat plain Greek yogurt if desired.