

Black Bean and Sweet Potato Quesadilla and Chipotle Sauce

SERVES: 4 quesadillas

QUESADILLA INGREDIENTS:

1 sweet potato, peeled and chopped into ½ inch cubes
1 tsp smoked paprika
1 tsp garlic powder
1 green bell pepper, diced
½ white or yellow onion, diced
1 garlic clove, minced
1 can black beans, rinsed and drained
½ cup canned corn, rinsed and drained
1 tbsp taco seasoning
2 cups cheddar cheese, grated
2 tbsp, 1 tsp extra virgin olive oil
8 whole wheat tortillas
Pinch of salt

INSTRUCTIONS:

Preheat oven to 400 degrees F. Toss 1 tbsp of olive oil with sweet potato on a sheet pan lined with parchment paper. Add smoked paprika, garlic powder, pinch of salt and mix until seasoning is evenly coated. Bake sweet potato for 25 minutes, turning pieces over halfway through until they are soft all the way through.

To a sauté pan, add 1 tbsp olive oil set to medium heat. Add onion and bell pepper and cook for 3-5 minutes, until onions turn translucent. Stir in minced garlic and continue cooking for another minute. Add in corn, black beans and taco seasoning and cook until beans start to break down, around 10 minutes.

To assemble quesadillas, set a large frying pan or sauté pan on medium low heat. Add a tsp of olive oil to coat pan or use a spray olive oil. Add tortilla to pan and ¼ cup of cheese sprinkled evenly on top. Add a fourth of the sweet potato and black bean mixture and top with an additional ¼ cup of cheese. Place another tortilla on top and flip once bottom tortilla is golden brown. Cut into pieces and serve with chipotle sauce.



CHIPOTLE SAUCE INGREDIENTS:

2 chipotle peppers in adobo sauce
½ cup greek yogurt
Juice of 1 lime
1/8 tsp salt

INSTRUCTIONS:

Blend all ingredients in a small bowl using an immersion blender or stand blender until a smooth sauce forms and there are no chunks.