

Spinach and Sweet Potato Quesadillas



Ingredients:

- 2 medium sweet potatoes
- 2 teaspoons chili powder
- 1 large yellow onion, sliced
- 4 cups baby spinach, washed and dried
- 1 cup mozzarella cheese, shredded
- 8 whole- wheat tortillas
- 4 teaspoons canola oil

Directions:

1. Preheat oven to 425 F. Poke holes in each sweet potato with a fork.
2. Bake sweet potatoes on a rimmed baking dish for 45 minutes or until tender.
3. In a medium pan, heat oil over medium high heat. Add onions and sauté for 4-5 minutes. Set aside.
4. Remove skins from sweet potatoes.
5. Mash the sweet potatoes and combine with the chili powder and salt.
6. Spread 1/4 cup of the sweet potato mixture evenly on 4 of the tortillas.
7. Top with a layer of spinach, onions, and finally cheese.
8. Top with the remaining 4 tortillas and press down.
9. For each quesadilla: heat 1 teaspoon canola oil in a large nonstick pan over medium heat. Place quesadilla in pan and warm for 3 minutes on each side.

Makes 4 servings.



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