

# Healthy You Recipe Challenge – Class 1

*This recipe is a great way to add more vegetables and colour to your meals! Encourage family members to personalize their own quesadillas so they can get on board with the “Healthy You” journey.*

## Sweet Potato and Bean Quesadillas

*(Simply in Season by Mary Beth Lind and Cathleen Hockman-Wert)*

**Makes 8 quesadilla servings**

### Ingredients:

- ½ onion, chopped
- 1 tbsp canola oil
- 3 cups sweet potato peeled and diced
- 1 can of pinto beans, rinsed and drained (or 2 cups cooked dried pinto beans)
- 1 tsp ground cumin
- ¾ tsp ground cinnamon
- ¼ tsp salt
- 8 whole wheat flour tortillas
- 1 ½ cup cheddar cheese (shredded)



### Instructions:

1. Sauté onions in a fry pan with oil 3-5 minutes, until tender. Add potatoes and ¼ cup of water. Cook on medium heat, adding water as need to avoid sticking until potato starts to soften.
2. Add beans, cumin, cinnamon and salt and sauté until cooked through (approximately 15 minutes). Add more water or juice as needed to prevent burning.
3. Take bean and potato mixture off of heat and mash until smooth.
4. Spread mixture onto one flour tortilla to about 1cm thickness, sprinkle on cheese.
5. Place a second tortilla wrap on top and sprinkle a little more cheese.
6. Bake in oven at 375°F for 5-10 minutes until edges begin to brown.
7. Serve warm with sour cream (or plain yogurt) and salsa.

Nutrients per serving (1/2 Quesadilla)	
Calories (kcal)	395
Fat (g)	13
Saturated Fat (g)	6
Trans Fat (g)	0
Sodium (mg)	467
Carbohydrates (g)	55
Fibre (g)	8
Sugar (g)	6
Protein (g)	15