



### Sweet Potato Quesadillas

Sweet potatoes contain vitamin A, vitamin C, manganese, fiber, B vitamins, potassium and even iron. A medium sized sweet potato contains more than your daily requirement of vitamin A, nearly one-third the vitamin C you need, almost 15 percent of your daily dietary fiber intake and 10 percent of the necessary potassium. Most often we think of eating sweet potatoes in the fall; however, most grocery stores carry them year around. Enjoy this quick and easy recipe that packs in multiple super foods.

**Serves 4**

#### Ingredients

2 small sweet potatoes  
2 medium red, yellow or orange bell peppers, cut into 1/2-inch strips  
1 medium yellow onion, cut into 1/2-inch strips  
1 teaspoon minced garlic  
1/2-tablespoon olive oil  
Salt and pepper to taste  
Cooking spray  
4 (8-inch) whole wheat tortillas  
1 cup reduced fat shredded pepper jack or cheddar cheese  
4 teaspoons cilantro leaves, roughly chopped

#### Directions

1. Wash potatoes well. Pierce with a fork five to six times, and microwave on high for 5 to 7 minutes, depending on the size of the potato. Remove flesh from the skins and mash the flesh. Keep warm.
2. Heat oil in a large nonstick skillet over medium-high heat. Add peppers and onions. Cook 10 to 12 minutes or until tender. Add garlic and sauté 2 more minutes. Season with salt and pepper. Remove from heat and keep warm.
3. Coat a medium non-stick skillet with cooking spray and heat over medium-high heat. Add 1 tortilla to skillet and sprinkle with 1/4 cup cheese. Heat until cheese begins to melt. Spread approximately 1/4 of the mashed potatoes over 1/2 of tortilla. Top with 1/4 of pepper and onion mixture, using a slotted spoon to drain off excess moisture. Sprinkle with 1 teaspoon of cilantro.
4. Fold over tortilla and cook approximately 1 to 2 minutes on each side or until browned. Remove quesadilla from heat and keep warm. Repeat with additional 3 tortillas.
5. Serve with tomato salsa and fat free or light sour cream if desired.

Nutritional analysis per serving:

Calories: 330  
Total Fat: 10 grams  
Saturated Fat: 4 grams  
Cholesterol: 20 milligrams  
Protein: 15 milligrams

Total Carbohydrates: 47 grams  
Dietary Fiber: 7 grams  
Sodium: 550 milligrams

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