

# *Food is Health* • Community Recipe Challenge

## Sweet Potato & Black Bean Quesadillas

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### Ingredients

1 medium sweet potato, cubed  
1/4 cup of salsa  
1 tsp chili powder  
1 tsp cumin  
1/2 juice of one lime  
2 tbsp nutritional yeast, optional  
1 cup cooked black beans, drained and rinsed  
salt and pepper to taste  
4 whole-wheat tortillas

For serving, optional:

guacamole  
salsa  
non-dairy plain yogurt  
sliced bell peppers



Recipe from [Lifestylemedicine.org](https://lifestylemedicine.org)



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## Instructions

1. Place the cubed sweet potatoes in a saucepan with enough water to cover. Bring to a boil, then reduce heat, cover and simmer until fork-tender.
2. Transfer cooked sweet potatoes to a mixing bowl and add salsa, chili powder, cumin, lime juice, and nutritional yeast. With a fork, smash and mix until well-combined. Fold in black beans. Add salt and pepper to taste.
3. Heat a grill or grill pan over medium heat. Spread a heaping 1/2 cup of the sweet potato mixture onto a tortilla. Top with a second tortilla and gently press it down. Repeat with remaining tortillas.
4. Place quesadillas on the heated grill and cook for about 3 minutes on each side, until they are golden brown and grill marks form.
5. Slice into triangles and serve with a guacamole, salsa, and/or non-dairy plain yogurt for dipping. To round out the meal, pair with sliced bell peppers

### Note:

- *If you don't have a grill, you can make these quesadillas on a stovetop.*
- *Feel free to substitute the boiled sweet potato for an equal amount of roasted sweet potato.*
- *Carefully drain the water after boiling the sweet potatoes and remove all of the water from the black beans container before mixing together.*



To see contest rules visit, [elcaminohealth.org/foodishealth](https://elcaminohealth.org/foodishealth).

Join the El Camino Health *Food is Health* Recipe Challenge.

For questions, please email [FoodisHealth@elcaminohealth.org](mailto:FoodisHealth@elcaminohealth.org).

## Nutrition Information per Serving

### Serves 2

Calories	481
Carbohydrates	38.7 g
Protein	12.9 g
Fat	26.3 g
Saturated Fat	8.6 g
Cholesterol	30 mg
Sodium	459 mg
Potassium	833 mg
Fiber	11.4 g
Sugar	6.5 g
Calcium	180 mg
Iron	3.2 mg

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