



Food H & P: (makes 5-6 folded Quesadillas)

3 sweet potatoes

1 pack of taco seasoning

½ can of black beans- drained and rinsed

1 1/2 – 2 cups of shredded cheddar cheese

Juice of 1 lime

5-6 soft tortillas

Salt and Pepper to taste

Optional toppings: sour cream, salsa, avocado, or cilantro

Food Rx:

Peel sweet potatoes and cut into chunks. Place on baking sheet with a generous drizzle of olive oil and sprinkled with pack of taco seasoning. Roast at 400 degrees for about 45 minutes or until very fork tender. You will need to stir one or two times to prevent burning. Once potatoes are soft place in bowl and mash with fork or potato masher until smooth. Squeeze in lime juice and add salt and pepper if needed. Cover half of tortilla with a layer of mashed sweet potatoes then top with a spoonful of black beans and a generous handful of cheddar cheese. Fold other half of tortilla over and grill on stove or griddle until outside is lightly brown and cheese is melted. These are great plain or enjoy with your favorite Mexican toppings.