



INGREDIENTS

- Vegetable oil cooking spray
- 1 cup diced sweet onion
- ½ cup diced red bell pepper
- 1 cup low sodium black beans, rinsed and drained
- 2 tablespoons water, as needed
- 1 ½ cup mashed cooked sweet potato, skin removed (about 2 baked sweet potatoes)
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon dried or fresh parsley
- ½ teaspoon dried basil
- ¼ teaspoon salt
- ½ teaspoon pepper
- ¾ shredded cheddar cheese
- 24 corn tortillas (6-inch size)
- ¾ cup non-fat Greek yogurt
- ¾ cup salsa
- ¾ cup mashed avocado

Nutrition Information:

Calories: 442, Total Fat: 12g, Saturated Fat: 4g, Cholesterol: 17mg, Sodium: 424mg, Total Carbohydrates: 69g, Fiber: 10g, Protein: 14g

DIRECTIONS (Yields 6 servings)

1. Wash and bake sweet potatoes until tender. About 45 minutes at 425 degrees.
2. Spray a small sauté pan with vegetable oil cooking spray. Place over high heat and sauté onions, peppers, and black beans. Mash the beans into a chunky paste while cooking. Cook for 5 minutes or until onion is browned. Add 1 tablespoon water if pan begins to dry out and brown.
3. In a medium bowl combine mashed sweet potato, bean/onion/pepper mixture, garlic powder, onion powder, parsley, basil, salt, pepper, and shredded cheese. Spray sauté pan again with vegetable cooking spray and adjust to medium-high heat.
4. While heating spread a rounded ¼ cup of filling mixture onto a tortilla. Cover it with another tortilla and place in heated pan. Sauté on each side for 5 minutes or until melted and browned on both sides. Repeat with remaining quesadillas.
5. Serve with 2 tablespoons each Greek yogurt, salsa and avocado.