

Sweet Potato Quesadillas with Pico de Gallo



Discover our delightful recipe for Sweet Potato Quesadillas with Pico de Gallo - a fusion of exquisite flavors. Savor these vegetarian delights, easy to make, and bursting with taste.

Preparation 30 min

Cooking 10 min

Servings 6-8

Nutrition Facts (per serving)

Calories 445

Fat 19

Carbohydrates 58

Fibre 11

Protein 17

Sodium 690

Ingredients

- 2 medium sweet potatoes, peeled and cut into large chunks
- 250 ml (1 cup) diced onions
- 2 cloves of garlic, minced
- 30 ml (2 tbsp) olive oil
- 10 ml (2 tsp) dried oregano
- 10 ml (2 tsp) dried basil

- 5 ml (1 tsp) paprika
- 10 ml (2 tsp) cumin
- Salt and pepper to taste
- 8 whole wheat tortillas
- 375 ml (1 ½ cups) grated cheese
- 250 ml (1 cup) low-sodium black beans, drained and rinsed
- Olive oil

For the Pico de Gallo

- 4 diced tomatoes
- 125 ml (1/2 cup) diced onion
- 125 ml (1/2 cup) minced fresh cilantro
- 45 ml (3 tbsp) lime juice
- 1 chopped jalapeño pepper
- 1 minced garlic clove
- Salt and pepper to taste

Preparation

1. Peel the sweet potatoes and cut them into large chunks.
2. Place them in a pot and cover with water. Bring the water to a boil. Cook for 10 to 15 minutes, or until tender.
3. Drain the sweet potatoes, then mash them and set aside.
4. Meanwhile, finely chop the onions and garlic. Heat the oil in a skillet and sauté the onions and garlic until they become translucent. Add the spices and cook for another minute.
5. Add the mashed sweet potatoes to the skillet and heat everything together.
6. Spread 125 ml (1/2 cup) of the sweet potato mixture onto half of each tortilla. Add 30 ml (2 tbsp) of black beans on top and cover with grated cheese. Fold the tortilla in half.
7. Preheat the oven to 400°F. Brush a little oil on top of each tortilla. Grill the tortillas until they begin to brown (3 to 4 minutes). Then, flip them to brown the other side.
8. While cooking, mix all the ingredients for the pico de gallo and season to taste. Set aside.
9. Cut the quesadillas in half or quarters and serve with the Pico de Gallo sauce.

Notes



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