



Veggie Quesadilla

- Prep Time: 10 minutes
- Cook Time: 5 minutes
- Total Time: 15 minutes
- Yield: 2 quesadillas

Ingredients

- 1/2 cup mashed sweet potato (about 1 medium)
- 4 cups spinach
- 1 teaspoon olive oil
- 1/4 teaspoon garlic powder
- 1/4 teaspoon cumin
- 1/2 cup black beans
- 4 8-inch tortillas
- 4 slices American-Style Colby Cheese

Directions

1. Cook the sweet potato: Cook it in an Instant Pot (note that this method requires 4 sweet potatoes to be cooked at once for the timing to be accurate). Or, you can **bake it using** these baking instructions, or prick holes in it and **microwave it** on high for 8-10 minutes until tender, turning halfway through. (Do this step in advance and refrigerate the sweet potatoes before cooking the quesadilla; the cook time below does not include this step.)
2. Cook the spinach: Roughly chop the spinach. Warm the olive oil in a skillet and add the spinach, garlic powder, cumin, and a pinch of kosher salt. Cook until spinach is wilted and bright green, about 2 minutes, then remove it to a bowl.
3. Assemble the tortilla: Cut the sweet potato in half and slide off the skin: place the flesh into a bowl and mash it with a fork. Spread 1/4 cup of the mashed sweet potato onto one tortilla. Drain and rinse the beans, then top the sweet potato with 1/4 cup of the black beans. Sprinkle sweet potatoes and black beans with a pinch of kosher salt. Then top with sprinkles of the cooked spinach (use your hands and leave any liquid at the bottom of the bowl). Top with 2 slices of cheese, tearing it as necessary to fit onto the tortilla. Cover with the second tortilla. Then repeat these instructions for the second quesadilla.
4. Lightly coat a skillet with olive oil and heat it to medium heat. Place one quesadilla in the pan, cheese side down. Cook for 2 minutes per side until lightly browned and the cheese is melted. Cut into wedges and serve.