



Cheesy Bean and Sweet Potato Quesadillas

Ingredients

- 2 large sweet potatoes, peeled and chopped into chunks
- 4 tortilla wraps
- 1tsp paprika
- 1tsp cumin
- Pinch or two of black pepper
- 400g tin black beans, drained & rinsed
- 120g cheddar cheese, grated
- Juice of 1/2 lime
- 2 spring onions, chopped
- Handful coriander, chopped
- Your sides of choices, e.g. mashed avocado, tomatoes.

Method

1. Place the sweet potato in a bowl and add the paprika, cumin, black pepper and a tablespoon of oil. Toss to combine
2. Place the potatoes onto a baking tray and pop in your pre-heated oven (200c) for around 25-30 minutes (watch they don't burn!)
3. Lightly mash the drained black beans, or keep chunky if preferred
4. Once cooked, allow the potatoes to cool slightly, then lightly mash
5. Brush one side of each tortilla with a little oil, and spread half of the sweet potato mash onto one of the tortillas (not the side you lightly oiled), followed by half the black beans, cheese, spring onions and coriander, plus a squeeze of lime juice
6. Now place another tortilla on top (keep the oiled side up)
7. Heat a large griddle/ frying pan on a medium/ high heat. Once hot, carefully lay the tortilla into the pan and cook on each side for a few minutes, until it's golden brown
8. Cut each tortilla into 8 pieces and serve with your chosen sides, e.g. mashed avocado with a squeeze of lime juice!