

Sweet Potato and Black Bean Quesadillas with Gouda

Ingredients:

Flour tortillas (or tortillas of choice)

2-3 sweet potatoes

1-2 cans black beans, rinsed

gouda cheese

chili powder, salt, pinch of brown sugar

toppings of choice; ideas: cilantro, sour cream, tomatoes, green onions, red onions, etc.

Directions:

1. Prick the sweet potatoes all over and microwave them until quite soft. Peel them and mash them in a bowl with chili powder, salt and sugar to taste.
2. Lay one tortilla flat on a plate and spread some sweet potato mixture all over it. Top with a few scoops of black beans and then cover with slices of gouda. Place a second flour tortilla on top.
3. Microwave until hot and the gouda is very melty, 2-3 minutes. You can finish on the stove if you would like your tortilla crispy.
4. Add toppings of choice: sour cream, cilantro, fresh tomatoes, green onions, etc!