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|  **Breakfast Quesadilla**  |
| **YIELD 2 SERVINGS** **Ingredients**4 flour tortillas1 small sweet potato peeled & diced½ cup shredded Daiya cheese1 jalapeno diced & roasted1 red bell pepper stemmed, diced and roasted½ cup cooked black beans, drained & rinsed¼ cup scallions chopped1 tsp Mexican blend spiceC:\Users\cdmil\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\CA34ECC6.tmpImage result for nut free logo**Nutritional’s Per Serving** □ Calories 363 Cal□ Protein 11 grams□ Fiber 11 grams□ Sugar 0 grams□ Carbs 53 grams□ Fat 10 grams | PREP 15 MIN | COOK 15 MIN | TOTAL 30 MIN **Directions**Step 1Set the oven at 400 degrees and roast the sweet potato, jalapeno and red pepper on a non-stick sheet pan for about 5 minutes then turn and roast for another 5 minutes. Cook until golden and crispy.Step 2Assemble the tortillas with sweet potatoes, jalapeno, bell pepper, black beans, scallions and top off with sprinkles of shredded cheese.Step 3Fold the tortillas in half and cook in a hot skillet for about 2 minutes per side. Serve with salsa, guacamole, lime wedges and cilantro**Tips**You can substitute or add other veggies you may have on hand like mushrooms, zucchini or left-over kidney bean potato hash. The quesadilla will cook faster if you pre roast the potato and peppers. Add a Mexican blend spice to season or salt and pepper to taste if you do not like as much spice. Top off with a variety of great toppings like guacamole, salsa or cilantro. |

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