

Sweet Potato Quesadillas

This easy to make pre-colonial Mexican meal is basically a grilled tortilla sandwich. It can have any number of fillings: cheese, squash, even mashed potatoes. Tonight you get the flavors of savory sweet potatoes (or yams), onions, peppers, garlic, Kalamata olives and lime juice. Some quick beans and rice are added to the plate to complete this dinner.

You can use your own salsa and guacamole - See "Tips and Time Savers" - or your favorite commercial products.

Preparation time: 45 minutes - Servings: 2

Organize Your Ingredients!

Notes on Organizing

Prep and organize your ingredients in small bowls or on plates so they are easy to add. It will make your cooking experience more fun when everything is ready to go. Prep items in all boxes.

If you're making salsa and guacamole, make them as part of prep. (See "Tips and Time Savers" tab.)

Sweet Potato Quesadillas

Sweet Potato Filling:

1 large sweet potato or yam (peeled and diced)
1/2 tsp. butter
2 T. low-sodium veggie broth

1 tsp. olive oil
1 clove garlic (smashed and chopped)
1/4 C. yellow onion (chopped)
1/4 C. red bell pepper (chopped)
3 pitted Kalamata olives (chopped)
2 T. low-sodium vegetable broth
1-1/2 T. lime juice

2 large 10" whole grain tortillas
a grating of sharp cheddar cheese

Quick Beans and Rice

1/2 C. cooked brown rice (leftovers)
1/2 C. black beans (drained and rinsed)
1 tsp. olive oil
1/4 C. frozen corn
1/4 C. fresh low-sodium tomato salsa

Garnish and Additional Items

1/2 C. tomato salsa (Tips and Time Savers)
1/4 C. Guacamole (Tips and Time Savers)

1/2 C. plain, nonfat yogurt
1 orange (sliced)

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Quesadillas are super simple to assemble. The key to their success is they need to be gently grilled. Use a lightly oiled 12" skillet or nonstick pan to grill them. You want the finished quesadillas to be just slightly browned.

Quesadillas

1. Place peeled and diced sweet potato in salted water and boil 5 minutes or until tender. Drain water and mash with butter and broth while warm. Place in a medium-sized bowl.
2. Measure oil into a medium sauté pan and sauté garlic, onion, red bell pepper and olives for 2 minutes. Add broth and cook until liquid is gone. Remove from heat. Stir onion/pepper mixture together with mashed sweet potatoes. Add lime juice.
3. Over medium heat, place a tortilla in a nonstick or lightly oiled 12" sauté pan. Spread with a generous layer of filling and grate a little cheese over the top. Cover with second tortilla. Cook 1 or 2 minutes over medium heat checking frequently. You want just a slight browning to occur on the bottom tortilla. Flip the tortilla and brown the other side.
4. Remove from heat and transfer to a plate. Cool slightly and slice into quarters.

Quick Beans and Rice

1. Measure cooked rice and beans into a medium sized bowl.
2. Heat oil in a saucepan and sear frozen corn until it starts to brown. Add corn to rice and beans and stir in salsa. Cover the bowl with a plate and microwave 2 minutes.

Plate the Meal

Serve two quarters of a quesadilla on each plate and decorate top with guacamole, salsa and nonfat yogurt.

Place 1/2 of a sliced orange and 1/2 of the Quick Beans and Rice along side.

Quesadillas warm up well as leftovers. (If you have any that is.)

What I've Learned from this Recipe

I like to keep my own home-made Quick Low-sodium Salsa on hand in the fridge. It's got tons of flavor and less sodium than commercial products. The same is true for guacamole. You'll find recipes for both salsa and guacamole in the "Tips and Time Savers" Tab on this website.

Let us know what you think, and any questions you may have! chezdon@plate6.com