



# Vegan Sweet Potato Quesadillas

Make back-to-school lunches exciting and nutritious with our Sweet Potato Quesadillas. Packed with shredded sweet potato, vibrant veggies, and a dash of zesty seasoning, these quesadillas are a creative way to keep kids fueled and satisfied throughout the day. With a crisp, golden exterior and a deliciously wholesome interior, these quesadillas are a perfect addition to lunchboxes for a tasty and balanced meal.

## Ingredients

Servings 5

1/4 cup low sodium vegetable broth	1 red bell pepper (chopped)
1 sweet potato (shredded)	1 can black beans (rinsed)
1 1/2 tsp taco seasoning	1 cup salsa
1 1/2 cups baby spinach	5 whole wheat tortillas
	1 1/2 tsp extra virgin olive oil



## Directions

1. Sauté shredded sweet potato in olive oil for 1 minute. Add broth and taco seasoning. Cook 6-8 minutes until soft. Add more broth if needed.
2. Mix in spinach, red pepper, black beans, and salsa. Cook until spinach wilts. Transfer to a bowl.
3. Fill half of each tortilla with the mixture. Fold in half.
4. Cook folded tortilla 1-2 minutes on each side until crispy and golden.
5. Cool briefly, then slice into wedges. Enjoy!



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## Notes:

- Best served immediately. Store leftovers in the fridge, and reheat in a dry pan.
- Enhance with cheese or plant-based alternatives. Serve with sour cream, guacamole, or salsa.

## Nutrition facts:

- Calories - 256
- Protein - 10g
- Carbs - 42g
- Fiber - 11g
- Calcium - 151mg
- Iron - 3mg

