



Sweet Potato Quesadilla

Ingredients:

- 1 teaspoon chili powder
- 1½ cups finely chopped onion
- 2 teaspoons ground cumin
- 2 cloves garlic, minced or pressed
- Pinch cayenne pepper (optional)
- 3 tablespoons vegetable oil
- Salt and pepper to taste
- 4 cups peeled, grated sweet potatoes (about 3 sweet potatoes)
- 8 tortillas (8 to 10 inch)
- Salsa (optional)
- Sour Cream (optional)

Instructions:

Sauté the onions & garlic in vegetable oil until heated through, but not browned. Add sweet potato, oregano, chili powder, cumin and cayenne pepper. Cook uncovered until potato is tender, stirring frequently to prevent sticking. When the potato is tender, add salt and pepper and remove from heat. Spread ½ cup filling and 2 tablespoons of the grated cheese on a tortilla. Fold the tortilla in half. Place the tortilla in a heated skillet, cook on each side for 2 to 3 minutes, until cheese is melted. Serve immediately, topped with salsa and sour cream, if desired.



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