



Great School Food you can enjoy at home

Recipe

Sweet Potato Black Bean Quesadillas



Ingredients

300g sweet potatoes diced
100g onion diced
1 yellow pepper diced
Dry Ingredients
1tsp cumin, smoked salt/ pepper /chilli paprika, cinnamon
1 tin black beans
2 cloves garlic minced
6 tortilla wraps
100g cheddar cheese
olive oil

Method

- 1) Place the sweet potato, peppers and onion into a baking tray, drizzle with olive oil add the dry ingredients and mix together, place into a hot oven 180°c for 15mins.**
- 2) Drain the black beans and add to the roasted potato mix, cook for a further 10mins. Remove from oven and lightly mash the mixture together and set aside**
- 3) Line a baking tray with baking parchment paper and place one tortilla on to the tray. Spoon a portion of the mixture and spread over half of the tortilla and sprinkle with cheese, fold the empty half of the tortilla over the top, sprinkle with a little more cheese, repeat until all the mixtures is finished.**
- 4) Cook in oven for 5 / 10 minutes until lightly browned cut in half and serve.**

Allergens

Cereals containing Gluten / Milk /Soya

My Notes

Try with sour cream and salsa sauce
Make a great lunch time snack



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