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| **Breakfast Quesadilla** | |
| **YIELD 2 SERVINGS** **Ingredients** 4 flour tortillas  1 small sweet potato peeled & diced  ½ cup shredded Daiya cheese  1 jalapeno diced & roasted  1 red bell pepper stemmed, diced and roasted  ½ cup cooked black beans, drained & rinsed  ¼ cup scallions chopped  1 tsp Mexican blend spice C:\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 1 Set 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 2 Assemble the tortillas with sweet potatoes, jalapeno, bell pepper, black beans, scallions and top off with sprinkles of shredded cheese. Step 3 Fold 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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