



# Veggie Quesadillas

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## Ingredients

1 medium	onion, diced
2 mini	red peppers, diced
1 Tbsp	taco seasoning
1 tsp	jalapeno, diced, optional
½ cup	black beans, rinsed and drained
1 large	sweet potato baked until done but firm, diced
¼ cup	frozen corn
1 cup	shredded pepper jack cheese, optional
4 medium	flour tortillas
1 tbsp	butter

*\*Use your favorite veggies*

## Directions

Spray a medium saute pan with non-stick cooking spray. Add onion and saute over medium heat until clear. Add red pepper, taco seasoning, and jalapenos if using. Saute until peppers are tender. Add black beans and cook for an additional 5 minutes. Add sweet potato and corn and toss gently to combine.

Heat a medium saute pan over medium. Lightly spread butter over one side of the tortilla. Add about ¼ cup of the veggie/bean filling, then, if using, sprinkle a generous amount of cheese over top. Place the butter side of the tortilla down on the warm pan and cook over medium heat until tortilla is browned and cheese is melted. Carefully fold tortilla in half on to itself using the spatula. Repeat until all tortillas are filled and cooked. Slice and serve warm.

## Guacamole

- 1 avocado, mashed
- ¼ tsp garlic salt
- ¼ tsp onion salt
- 1-2 Tbsp fresh lemon juice

Place all ingredients in a bowl and mix well.