

# Sweetpotato Quesadilla

Meal Component(s) for Sweetpotato Quesadilla:  
2 oz. Meat/Meat Alternate, ¼ Red/Orange Vegetable, 2 oz eq WGR Grain

Recipe HACCP Process: #2 Same Day Service

Portion Size: 1 quesadilla

Servings: 77

INGREDIENTS	WEIGHT	MEASURE	DIRECTIONS
Tortillas, whole grain, 10"		77	<ol style="list-style-type: none"> <li>1. Thaw tortillas at room temperature overnight. Proper thawing will aid in handling the product without breaking and cracking.</li> <li>2. Line 2 sheet pans with parchment paper and spray one pan with pan release.</li> <li>3. Preheat oven to 375° F.</li> <li>4. Place sweetpotatoes on prepared sheet pan and bake for 45-50 minutes or until easily pierced with a fork. Once done, increase oven temp to 400° F. <b>CCP: Heat to 135° F or higher.</b></li> <li>5. Once cool enough to handle, remove peel from sweetpotatoes by cutting away each tip, cut through the skin lengthwise, and then pull away the skin from the flesh.</li> <li>6. Drain and rinse beans.</li> <li>7. Add sweetpotatoes to a large bowl. Mash until no large chunks remain. Add chili powder, cumin, paprika, cayenne, and salt. Using a spatula, mix to combine and evenly distribute spices.</li> <li>8. Add beans to sweetpotatoes and gently combine – taking care not to mash the beans.</li> <li>9. In another bowl, combine cheddar and mozzarella cheeses.</li> <li>10. Assemble quesadillas. Using a no. 8 scoop, place ½ cup (~4.5 oz) mashed sweet potato &amp; bean mixture on each tortilla. Spread to cover the entire tortilla, leaving a ½" border.</li> <li>11. Top with 1 oz shredded cheese blend using a 2 oz spoodle. Fold in half. Place on sprayed parchment lined sheet pan. Spray tops of quesadillas with pan release.</li> <li>12. Bake at 400° F for 6-7 minutes. <b>CCP: Heat to 135° F or higher.</b></li> <li>13. Serve 1 quesadilla. Recommend serving with a side of salsa and lime crema. <b>CCP: No bare hand contact with ready to eat food.</b> <b>CCP: Hold for hot service at 135° F or higher.</b></li> </ol> <p>* Lime crema recipe can be found here: <a href="http://www.landolakesfoodservice.com/recipes/cilantro-lime-crema/">www.landolakesfoodservice.com/recipes/cilantro-lime-crema/</a></p>
Sweetpotatoes, fresh, whole	15 lb		
Chili powder		¼ cup	
Cumin		2 Tbsp	
Paprika		2 Tbsp	
Cayenne		1 ½ tsp	
Salt		1 ½ tsp	
Beans, black, low-sodium		2 #10 cans	
Cheese, cheddar, shredded	2 lb		
Cheese, mozzarella, part-skim, shredded	2 lb 13 oz		

## Nutrients Per Serving

Calories 316 Total Fat 12g Saturated Fat 2.5g Protein 19g Carbohydrate 33g Sodium 854mg



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