

# Butternut Squash (or Sweet Potato) and Black Bean Quesadillas

You can use butternut squash or sweet potatoes!

## Ingredients:

2 red bell peppers, diced  
1 medium yellow onion, diced  
1 Tbsp extra virgin olive oil  
1 lb sweet potato, small diced  
(or butternut squash)  
3 cups chicken or vegetable broth  
(+ more if needed)  
1 (15 oz) can black beans,  
drained and rinsed  
4 oz shredded cheddar cheese  
1/2 cup plain Greek yogurt  
1 small bunch cilantro, minced  
1/2 tsp cayenne pepper  
1 Tbsp chili powder  
1/2 tsp cumin, ground  
1/2 tsp garlic powder  
1/2 tsp onion powder  
1/2 tsp salt  
extra olive oil  
4-6 8" flour tortillas

## Directions:

Heat a large pot over medium heat, add oil and swirl to coat the bottom.

Add onions and bell peppers to the pot; cook, stirring frequently, until softened, 3-4 minutes.

Add Squash (or sweet potatoes) and broth to the pot and bring to a boil; reduce heat and simmer, 10-12 minutes, until potatoes are fork-tender.

Once potatoes are tender, drain vegetables; return them to the pot and place on low heat.

Add beans, cheddar, cilantro, yogurt, and spices to the pot. Stir to combine and remove from the heat.

To assemble the quesadillas, lay the tortillas on a flat surface and divide the squash and bean mixture between them; press the mixture firmly onto one half of each tortilla; fold in half.

Wipe the skillet clean and return to medium heat. Add a little oil and swirl to coat. Cooking in batches if necessary, lay the assembled quesadillas in the pan. Cook until golden, 2-3 minutes per side. Remove from the heat and slice into wedges.

*Note: The recipe makes 4 to 6 quesadillas and takes about 45 minutes.*

