

Sweet Potato Quesadilla

*Free of Egg, Peanuts, Tree nuts, Sesame, Shellfish, Soy**

Wrap, burrito shell or lavash (Please Note: Many of these products contain sesame flour so read the labels carefully)

¼ cup cheddar or pepper jack cheese (shredded)

½ sweet potato

Preheat oven to 400 F. Scrub the outside of the sweet potato with a potato brush. Using a knife, poke several holes around the entire potato. Cook in the microwave (8 to 10 minutes covered by a moist paper towel) or in the oven (45 minutes wrapped in aluminum foil). Allow the potato to cool, then peel off the skin and mash the potato in a small mixing bowl. Mix with cheese. Spread the potato and cheese mixture on one half of the quesadilla wrap, then fold the wrap over and press firmly together. Bake for 10 to 15 minutes or until the wrap becomes slightly crisp at the edges and the cheese melts. Serve warm.

Servings: 1 (\$1.45/serving)

****This recipe is free of the above listed allergens if the ingredients chosen are free of the allergens. For example, a pasta dish is only free of eggs and wheat if the pasta used is egg and wheat free. Please see allergen shopping lists for recommended products.***