

## Sweet Potato Quesadillas

### *Ingredients*

3 Sweet Potatoes  
1/2 Can Chopped Tomatoes  
Chickpeas/ Mixed beans  
Smoked paprika  
Paprika  
Chipotle chilli flakes  
100g Cheddar Cheese  
2 Tortilla Wraps  
1TBS Chipotle Sauce



### *Method*

Step 1: Using a sharp knife make incisions in the sweet potatoes. Place them in the microwave and bake for 7 minutes. Allow to cool and scoop the fleshy potato out of the skin. Using a fork, mash the sweet potato and set aside.

Step 2: Place the beans/ chickpeas in a pot and heat through then mash them with a fork.

Step 3: Combine the sweet potato and beans together and add the chopped tomatoes, spices and chipotle sauce.

Step 4: Grab a frying pan and place a tortilla wrap into it, sprinkle a layer of cheese and add a generous layer of the sweet potato mix. Sprinkle another layer of cheese and add the final tortilla wrap on top.

Step 5: Cook for 3/4 minutes.

Place a plate into the pan and flip the wrap.

Cook for a further 3/4 minutes on the other side.

Cut into quarters and serve.