



# Dairy Isle Sweet Potato Black Bean Quesadillas

## Ingredients

### Quesadillas:

Makes 4

- 4 X 10 inch flour tortilla
- 2 cups cooked Sweet potato
- 1 cup black beans drained
- 3 green onions sliced on the bias
- 1/2 cup chipotle mayo
- 4 oz Dairy Isle Shredded Natural Cheddar
- 4 oz Dairy Isle Shredded Mozzarella cheese
- Fresh Salsa (recipe on right)
- ADL sour cream

## Ingredients

### Salsa:

Makes 1 cup

- 1/2 cup cherry tomatoes diced
- 1/4 cup English cucumber diced
- 1/4 cup red onions diced fine
- 4 sprigs of fresh cilantro chopped
- 2 tbsp olive oil
- 2 lime juice only
- Pinch sea salt
- Pinch milled pepper

## Method

### Quesadillas:

To assemble lay your flour tortilla on board, spread with chipotle mayo, add sweet potato, top with black beans and green onions, top with cheese, fold in half then grill on both sides until golden. Cut in wedges and serve with fresh salsa and ADL sour cream.

### Salsa:

Combine all ingredients and still well.