

Smashed Yam and Black Bean Quesadillas

Gluten Free, Dairy Free, Vegan, Sugar Free

Ingredients

1 large yam, peeled and cut into chunks
1 small onion, diced
1 tablespoon extra-virgin olive oil
2 tablespoons ground cumin
½ teaspoons chili powder
2 to 3 cups cooked black beans, well drained
Sea salt to taste
Brown rice or corn tortillas
Spinach or arugula leaves
Grated organic cheese (soya, lactose free)

Instructions:

1. Preheat oven to 400 degrees F. Place yam chunks into a baking dish and add about ¼ inch of water. Cover and bake for amount 35 minutes or until very tender.
2. To make the beans, heat a large skillet over medium heat. Add the olive oil then onions, sauté for about 5-7 minutes or until onions are very tender.
3. Add cumin, chili powder, black beans, and salt. Using a fork or the back of spatula, smash the black beans as you heat them with the onions. Continue turning and smashing until the desired consistency has been reached. Set aside in a bowl.
4. In a clean 10 inch skillet, add one tortilla then spread a layer of black beans, spinach leaves and cheese if desired. Then add a few chunks of yams and smash them with the back of a fork. Top with another tortilla. Heat over medium heat for about 2 minutes then flip the quesadilla and heat the other side for another 2 minutes. *The trick to making these is to make sure you don't add too much filling.
5. Transfer to the plate and cut into slices with a pizza cutter.