

## Ingredients

Preparation time: 40 minutes

Servings: 4

Cost: \$

- 1 - 16 oz. can navy beans, rinsed and drained
- 1/3 cup snipped fresh cilantro
- 1 Tbsp. lime juice
- 1 small, fresh jalapeno pepper, seeded and finely chopped\*
- 1 tsp. ground ancho chile pepper
- 1/2 cucumber, quartered and sliced
- 3-4 medium radishes, halved and thinly sliced
- 1.5 cups sweet potato, peeled and coarsely chopped
- 1/2 tsp. ground cumin
- 4 10-inch, whole-wheat flour tortillas
- 1 1/2 cups coarsely chopped baby spinach
- 2 green onions, thinly sliced
- 3/4 cup shredded Monterey jack cheese (3 oz.)

### Optional:

Dollop of plain Chobani Greek yogurt

## Directions

1. Combine beans, 1/4 cup of the cilantro, lime juice, jalapeno and chile pepper; set aside. For cucumber relish, combine cucumber, radishes and remaining cilantro; set aside.
2. In a medium saucepan, cook sweet potato in lightly salted boiling water, covered, for about 15 minutes or until tender. Remove from heat; drain. Return potatoes to saucepan; coarsely mash. Stir in cumin.
3. Spread sweet potato mixture over half of each tortilla. Top each with bean mixture, spinach, green onion, and cheese. Fold each tortilla in half over the filling, pressing gently.
4. Heat a grill pan or large nonstick skillet over medium-high heat. Cook quesadillas, two at a time, for 6 minutes or until lightly browned, turning once halfway through cooking. Repeat with remaining quesadillas. Cut into wedges. Serve with cucumber relish and Greek yogurt, if desired.



### Cost per serving:

\$ = < \$5, \$\$ = \$5-10, \$\$\$ = > \$10

### Sweet Potato Quesadillas with Cucumber Relish

Amount	1 quesadilla
Calories	461
Fat (g)	12
Sat. Fat (g)	5
Carb. (g)	67
Fiber (g)	29
Protein (g)	23

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## Cooking Tip

If you are tight on time, instead of boiling the sweet potato, you can also microwave it with the skin on for about 5-7 minutes before smashing it. Wear gloves when handling hot peppers because volatile oils can burn skin and eyes. Wash immediately if hands touch seeds or membranes.

## Performance Facts

A medium sweet potato has more than a day's worth of vitamin A, but make sure to eat a fat source with it, like olive oil or low-fat Greek yogurt, to ensure you absorb this fat-soluble vitamin and reap its benefits. Navy beans are another All-Star ingredient because they are packed with fiber - the most of any bean, and in conjunction with the sweet potato, you get your full days' supply in just 1 quesadilla.