



Healthy Dad Recipes

SWEET POTATO AND SPINACH QUESADILLAS WITH PICKLED RED ONION

Yield: 4 servings

Ingredients:

2	medium sweet potatoes
1 cup	red-wine vinegar
½ cup	sugar
4	black peppercorns
1	red onion thinly sliced
¼ tsp	salt
¼ tsp	black pepper
8	6" flour tortillas
5 cups	baby spinach
1 cup	shredded mozzarella
	olive oil



- Pierce sweet potatoes with a fork and cook in microwave on high until tender (about 15 minutes).
 - RELISH: While potatoes cook, combine vinegar, sugar and peppercorns in a medium saucepan; bring to a boil and stir until the sugar is dissolved. Put sliced onion in a heatproof bowl and pour the hot vinegar mixture over the onion. Let stand 10 minutes before draining. Transfer drained onions to a plate to cool.
 - Slice cooked sweet potatoes in half and scoop out flesh into a bowl. Mash with a fork and add salt and pepper to taste. Divide filling onto four tortillas and spread thinly.
 - Top each sweet potato tortilla with a heaping cup of spinach, ¼ cup mozzarella cheese and another tortilla.
 - Heat a large non-stick skillet over medium-high heat. Lightly oil skillet and transfer 1 quesadilla; cook until quesadilla is crisp and cheese is melted (about 3 minutes/side). Transfer cooked quesadilla to serving and repeat with remaining quesadillas.
 - Cut cooked quesadillas in quarter and serve each with ¼ cup pickled red onion.
- This dish has more calcium than a glass of milk and you get an immune boost from the sweet potatoes.

Nutritional Facts:

1 serving: 391 calories, 13.8 g fat (4.7 g saturated), 18 mg cholesterol, 750 mg sodium, 52 g carbohydrate, 6 g fiber, protein 14 g