

Sweet Potato and Spinach Quesadillas

From – www.health.com

2 medium sweet potatoes (1 pound total)
1 cup red-wine vinegar
½ cup sugar
4 black peppercorns
1 large red onion, sliced
¼ tsp kosher salt
¼ tsp freshly ground black pepper
8 (6-inch) flour tortillas
5 cups spinach
1 cup shredded part-skim mozzarella
4 tsp olive oil

- Microwave potatoes on high until tender (about 15 minutes).
- Meanwhile, in a medium saucepan, combine vinegar, sugar, and peppercorns; bring to a boil and stir to dissolve sugar.
- Place onion slices in a medium heatproof bowl; pour hot vinegar mixture over onion and let stand 10 minutes.
- Drain onion slices and transfer to a plate to cool.
- Split cooked potatoes open with a knife; remove flesh and transfer to a bowl (you should have about 1 cup). Use a fork to mash potato with salt and pepper; divide potato filling among 4 tortillas. Top each with 1 heaping cup spinach, ¼ cup cheese, and another tortilla.
- Heat a large skillet over medium-high heat. Working in batches, heat 1 tsp oil and transfer 1 quesadilla to skillet; cook until quesadilla is crisp and cheese is melted (about 3 minutes per side). Transfer cooked quesadilla to serving plate. Repeat with remaining oil and quesadillas.
- Cut quesadillas in quarters and serve each with ¼ cup pickled onions.



For more recipes visit us at
www.HealthyHarvestFarmCSA.com