

Food Babe's Sweet Potato Goat Cheese Quesadilla



Prep Time:	Cook Time:	Total Time:	Serves:
15 mins	12 mins	27 mins	4

<https://foodbabe.com/friday-night-sweet-potato-quesadilla>

Ingredients:

- 8 brown rice tortillas (Ezekiel)
- 1 large sweet potato, baked
- 4 ounces goat cheese, grated
- 2 cups arugula
- 1 red onion, sliced
- ¼ teaspoon pumpkin pie spice
- ½ teaspoon coconut oil
- 1 pinch ground black pepper

Instructions:

1. Preheat oven to 450° F.
2. Heat coconut oil in a skillet on medium heat and cooked red onion until tender and brown.
3. Mash the baked sweet potato with spices and fresh cracked pepper.
4. Lightly spray a large rack with oil and place down 4 tortillas on rack.
5. Spread equal amounts of the sweet potato mixture on each tortilla.
6. Continue adding red onions, arugula and 1 ounce of goat cheese on each tortilla.
7. Top each filled tortilla with another tortilla and spray lightly with oil.
8. Cook for 10-12 minutes – watch carefully to make sure it doesn't burn.
9. Remove from oven once top is slightly browned and cool for a couple of minutes.
10. Use a pizza cutter to cut quesadilla into slices.

Notes:

- Please buy all organic ingredients if possible