



Sweet Potato “Fettuccine” and Monterey Jack Quesadillas

Servings

4

Calories

630

Prep Time

5 minutes

Total Time

29 minutes

Skill Level

Easy

Ingredients

1 (10 ounces) package Mann’s Sweet Potato “Fettuccine”

1 tablespoon + 1 teaspoon olive oil

2 tablespoons water

1 teaspoon ground cumin

1 teaspoon chili powder

2 teaspoons lime juice

8 ounces shredded Monterey Jack cheese

$\frac{2}{3}$ cup finely diced green onion

8 – 8” flour tortillas



The Method

In a large microwave-safe bowl, mix Sweet Potato “Fettuccine”, olive oil, water, cumin, chili powder, and lime juice, making sure that the ribbons are evenly coated. Loosely cover the bowl with a towel and microwave for five minutes.

Mix cheese and $\frac{1}{2}$ cup of the green onions into sweet potato mixture.

Heat a large skillet on medium-low heat. Top a tortilla with $\frac{1}{4}$ of the sweet potato mixture, spreading evenly over the whole tortilla. Top with a second tortilla. Place in skillet and cook for 3 minutes on each side or until just crispy. Repeat with remaining tortillas. Garnish with remaining green onions. Slice and serve warm with salsa and sour cream

Nutrition Facts

Serving Size: 272g | Servings: 4

Amount Per Serving

Calories 630 | Calories from Fat 250 | Total Fat 28g (sat fat 14g trans 0g) | Cholesterol 50mg | Sodium 1320mg | Total Carbohydrate 71g | Dietary Fiber 5g | Sugars 6g | Protein 22g | Vitamin A 260% | Vitamin C 10% | Calcium 45% | Iron 6%