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, 1/4 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 1/4 cup pickled onions.

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