



Makes 8 servings
Cook Time: 25 minutes

INGREDIENTS:

2 pounds red sweet potatoes
(garnet yams)

2 tablespoons vegetable broth

2 tablespoons chopped green
chiles

2 teaspoons fresh lime juice

1 teaspoon minced chipotle
peppers in adobo sauce

$\frac{3}{4}$ teaspoon ground cumin

$\frac{1}{2}$ teaspoon minced garlic

1 can (15 ounces) black beans,
drained and rinsed

8 whole-wheat tortillas

Fresh salsa of your choice

[Pea Guacamole](#)

Yamadillas

This vegan take on quesadillas is made with red sweet potatoes (aka garnet yams) and is perfect for a family meal. Serve these with salsa (and guacamole, if you wish) spooned over the top. You can eat them with a knife and fork or cut them into wedges that you pick up with your fingers and dip into the salsa and/or guacamole (like this [Pea Guacamole](#)!).

Note: Despite the name, garnet "yams" are red sweet potatoes, not true yams.

From *Forks Over Knives -- The Plant-Based Way to Health*

By Mary McDougall, RN

- 1 Put the yams in a stainless-steel saucepot with enough water to cover. Bring to a boil, then reduce the heat and simmer, covered, until soft, about 12 minutes. Drain the water and add the vegetable broth to the yams. Mash with a potato masher until quite smooth, then stir in the green chiles, lime juice, chipotle, cumin, and garlic. Mix well, stir in the black beans, and mix again.
- 2 Heat a nonstick griddle or large skillet over medium heat. Spread some of the yam mixture on half of a tortilla, then fold it over and flatten. Place the folded tortilla on the griddle and cook it for about 2½ minutes on each side, flipping several times to make sure it doesn't burn. Repeat with the remaining yam mixture and tortillas. Serve topped with salsa and/or [guacamole](#).

Note: This kid-friendly recipe makes quite a large amount. However, Yamadillas store well overnight in the refrigerator. Reheated on the griddle the next day, they'll taste just like they were freshly made.