

## Quarantine Fiesta Recipes

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### **Loaded sweet potatoes**

Cook 1 medium sweet potato in the microwave using the instructions in the link provided, kids ask an adult to help with taking the hot potato out of the microwave. Allow the potato to cool a few minutes and then cut lengthwise down the centre using a butter knife. <https://www.delish.com/cooking/recipe-ideas/a22565452/microwave-sweet-potato/>

Now you get to personalize your loaded sweet potato. Top with your favorite toppings (I use black beans, defrosted frozen corn or canned corn niblets and shredded cheese) – feel free to mix it up here. Kids, ask an adult to help you grate the cheese or use already grated cheese. Then heat in oven preheated to 375 F for ~5-10 minutes or until the cheese is melted. This could also be done in a toaster oven or microwave, just heat until cheese is melted. Kids ask for help removing the potatoes from the hot oven.

After cheese is melted on top serve with other desired toppings such as salsa, thawed frozen avocado chunks, or chopped green onion. May serve with nacho chips as a meal or serve as a side with quesadillas. Enjoy!

### **Black Bean Quesadillas**

Makes 2 Quesadillas

Ingredients:

Canned Black Beans, rinsed and drained (use as much as you need, leftover beans are a great addition to loaded sweet potatoes, salads, soups, and chillis)

½ medium bell pepper diced

½ cup shredded cheese

2 whole wheat or corn tortillas

½ Tablespoon canola oil

Sprinkle each tortilla with cheese, beans, and diced peppers. Fold in half. Heat oil in frying pan over medium heat, kids ask an adult to help with this part. Cook the Quesadillas on both sides, flipping when one side has turned golden. Slice into wedges and serve with salsa or guacamole. Enjoy!