**Sweet Potato Quesadillas**

**Produce**  
1 head garlic

1 yellow onion (if needed)

1 bunch fresh cilantro (if needed)

red bell pepper (if needed)

1 jalapeno pepper

1 Anaheim Pepper

one sweet potato or yam

1 slicing tomato

2 avocados

1 lime

1 orange

**Canned/Dried Foods**  
brown rice (if needed)

one 15 oz. can black beans

one 15 oz. can no-salt chunky tomato sauce

low-sodium vegetable broth (if needed)

pitted Calamata olives (if needed)

ground cumin (if needed)

**Frozen Food**  
frozen corn (if needed)

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

plain, nonfat yogurt (if needed)

4 oz. sharp cheddar cheese

9" corn or whole wheat tortillas   
  
1 pint fresh tomato salsa *(if not making quick, low-sodium salsa)*