

Green and Bean Quesadilla

This creamy, colorful quesadilla will leave you feeling completely satisfied with all of the brilliant flavors.

Makes: 2 servings

Prep Time: 10 minutes

Cook Time: 10 minutes

Source: www.chopchopfamily.org

Ingredients

- 2 whole-grain tortillas
- 1 bunch fresh spinach leaves, enough to cover the tortilla, about 1 cup
- 1/2 cup canned dark red kidney beans, drained and mashed
- 2/3 cup shredded monterey jack or cheddar cheese
- 1/2 ripe avocado, peeled and pit removed (optional)

Directions

1. Put one tortilla on the plate and cover with the spinach leaves.
2. Top the spinach leaves with the mashed beans.
3. Top the beans with the cheese.
4. If you like avocado, put a few slices on top of the cheese.
5. Put the other tortilla on top of the avocado, gently pressing it down so the top half sticks. (Don't pat it down too much or the insides will squish out!)
6. Put the plate in the microwave and heat until the cheese melts, about 45 seconds. Or place a nonstick skillet over medium heat until it's hot, then place the tortilla in the skillet. Cook until golden brown, about 1-2 minutes on each side.
7. Set aside to cool a little bit: The spinach and cheese will be extremely hot!
8. Cut the quesadilla into 8 triangles. Serve with salsa if desired.



Small Changes, BIG Difference!



Nutrition Information

Serving Size: 1/2 Quesadilla

Nutrients	Amount
Calories:	376
Total Fat:	26 g
Saturated Fat:	11 g
Cholesterol:	45 mg
Sodium:	620 mg
Total Carbohydrates:	24 g
Dietary Fiber:	14 g
Total Sugars:	1 g
Added Sugars:	0 g
Protein	17 g

Utensils Needed

- Cutting board
- Sharp knife
- Measuring cups
- Fork
- Large plate
- Microwave or nonstick skillet
- Bowl

SHOPPING LIST

Average total cost without oil and seasonings: \$8.19

Average cost/serving: \$4.10

Recipe makes: 2 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

Ingredients



Add 1 to Cart
Fresh Avocado



Add 1 to Cart
Kidney Beans (15.5 oz. can)



Add 1 to Cart
Shredded Sharp Cheddar
Cheese (8oz.)



Add 1 to Cart
Whole Wheat Tortillas (10 ct.)



Add 1 to Cart
Fresh Spinach (10 oz.)

SAVE TIME, SAVE MONEY

My Cooking Notes

Storage Tips

- Serve immediately. Refrigerate any leftovers within 2 hours.

Cooking Tips

- Mashing avocado for a sandwich is a great way to add healthy fats into your day!
- Kidney beans go nicely into a minestrone soup, chili, baked beans and many more ideas. To find more ideas and recipe inspiration, go to www.snapedny.org.
- Spinach is a great dark green vegetable that added into sandwiches, wraps, soups, quiches and so much more!
- Cheese is a great addition to any meal, while in moderation!