

Red Bean Quesadilla

Rating: ★★★★★

Prep time: 20 minutes

Cook time: 20 minutes

Makes: 4 Servings

Whole grain tortillas filled with mashed red beans, spinach, cheese, and avocado are heated until warm, melted, and golden brown.

Ingredients

- 4 8-inch whole wheat tortilla
- 1 cup frozen spinach (thawed and squeezed to remove excess liquid)
- 3/4 cup shredded Monterey Jack or Cheddar cheese
- 1 avocado (peeled pitted chopped)
- 1 can 15.5 ounce low-sodium red kidney beans (drained and rinsed with cold water)
- garlic powder or dry herbs

Directions

1. Using a fork, mash beans in a bowl until slightly chunky. Add no-salt seasonings such as garlic powder and dried or fresh herbs, if desired.
2. Place 1 tortilla on a plate and top with half the mashed beans.
3. Top the beans with 1/2 cup of the spinach.
4. Top the spinach with half the cheese.
5. Top the cheese with half the avocado, (optional).
6. Put the other tortilla on top of the avocado, gently



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	326	
Total Fat	9 g	14%
Protein	18 g	
Carbohydrates	48 g	16%
Dietary Fiber	11 g	44%
Saturated Fat	5 g	25%
Sodium	567 mg	24%

MyPlate Food Groups

Vegetables	1 cup
Grains	2 ounces
Dairy	1/2 cup

pressing it down so the top half sticks.

7. Repeat with the remaining 2 tortillas.

8. Place a nonstick skillet on the stove over medium and heat until warm, then place 1 quesadilla in the dry skillet. Cook until golden brown, about 1–2 minutes on each side. (Or put the plate in the microwave and heat until the cheese melts, about 45 seconds.)

9. Repeat with the remaining quesadilla.

10. Cut each quesadilla into quarters. Serve warm.

Notes

Black beans or white cannellini beans can be used instead of kidney beans.

USDA Center for Nutrition Policy and Promotion