



Butternut Squash and White Bean Quesadilla

The perfect meal to feed your child. Have them help with preparing and assembling the quesadillas.

<u>U.S.</u>		<u>Metric</u>
3/4 lb	Butternut Squash, cut in 1/2 lengthwise	340 g
1/2 cup	Milk, Low-fat	120 mL
1 clove	Garlic, minced	1 clove
1 (15 oz) can	Cannellini Beans, drained, rinsed, liquid reserved	1 (425 g) can
2 tsp	Cumin, ground	9 g
1/2 tsp	Oregano, dried	2.5 g
1/4 tsp	Salt, Kosher	1.5 g
To taste	Black Pepper, ground	To taste
1 tsp	Olive Oil	5 mL
2 Tbsp	Cilantro, fresh, chopped	30 g
12 each	Corn Tortilla	12 each
6 Tbsp	Cheddar Cheese, sharp	86 g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 400°F (200°C).
3. Prepare a sheet pan lined with foil, and lightly spray with cooking spray. Place butternut squash (with seeds removed) on pan, and bake 30 minutes or until soft.
4. Puree squash with milk in blender until smooth then set aside.
5. In a bowl, toss garlic, beans, cumin, oregano, salt, and pepper.
6. Heat oil in the pan over medium heat. Once hot, add the bean mixture to the pan. Cook for 1 to 2 minutes. Add half of the reserved bean liquid. Allow to cook until slightly thickened, about 2 minutes. Remove from heat and stir in cilantro.
7. Lay corn tortillas on flat surface then top with 1/4 cup of butternut squash puree and 1/4-1/2 cup of cannellini bean mixture.
8. Sprinkle top of mixture with 1 tablespoon of cheese, then top with another corn tortilla and press gently.
9. Heat a large skillet over medium heat and coat with pan spray. Place quesadillas in the skillet one at a time, working in batches if needed. Cook each side for about 3 minutes, until golden brown. Before flipping the quesadillas, spray the tops with pan spray to ensure both sides brown evenly.
10. **Alternate Cooking Method:** Arrange quesadillas in a single layer on a baking sheet. Bake in the oven until cheese is melted and edges are crisp, flipping half way through, about 8-12 minutes.

Nutrition Facts

6 Servings

Serving size **1 quesadilla**

Amount per serving

Calories **270**

Total Fat 8 g

 Saturated Fat 3.5 g

 Trans Fat 0 g

 Monounsaturated Fat 2 g

Cholesterol 15 mg

Sodium 250 mg

Total Carbohydrate 39 g

 Dietary Fiber 6 g

 Total Sugars 3 g

 Includes 0 g Added Sugars

Protein 10 g

Vitamin D 0 %

Calcium 20 %

Iron 10 %

Potassium 485 mg

Phosphorus 165 mg
