



## Butternut Squash and White Bean Quesadilla

The perfect meal to feed your child. Have them help with prep 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	425 g
2 tsp	Cumin, ground	9 g
1/2 tsp	Oregano, dried	2.5 g
1/4 tsp	Salt, Kosher	1.2 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. Place quesadillas in a single layer on a pan sprayed sheet tray. Bake in oven until cheese is melted and outside is crisp, about 5-8 minutes.

**\*\*Nutrition Facts on Reverse**

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## Nutrition Facts

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6 Servings

**Serving size**                    **1 quesadilla**

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**Amount per serving**

**Calories**                            **270**

Calories from Fat                    70

**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

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