



Veggie Quesadilla

A delicious vegetarian dish! This is a great way to sneak in some veggies and beans into a dish that kids will enjoy.

<u>U.S.</u>		<u>Metric</u>
1 each	Bell Pepper, green or red, roughly chopped	1 each
1/2 each	Onion, roughly chopped	1/2 each
2 cloves	Garlic, roughly chopped	2 cloves
4 oz	Crimini Mushrooms, roughly chopped	113 g
2 tsp	Olive Oil	10 mL
1 (15 oz) can	Pinto Beans, drained and rinsed	425 g
1 cup	Vegetable Stock or Water	240 mL
2 tsp	Cumin, ground	1.2 g
1/2 tsp	Oregano, dried	0.5 g
1/2 tsp	Salt, Kosher	3 g
To taste	Black Pepper, ground	To taste
2 Tbsp	Cilantro, fresh, chopeed	7.2 g
12 each	Corn Tortillas	12 each
1/4 cup	Cheddar Cheese, shredded	38 g
As needed	Pan Spray	As needed

Preparation:

1. Gather all ingredients and equipment.
2. (Optional, see step 8) Preheat oven to 400°F (200°C).
3. Roughly chop the bell pepper, onion, garlic, and mushrooms then place in a food processor. Pulse vegetables in the food processor until vegetables are finely chopped, but not pureed.
4. Place olive oil in a medium saute pan over medium heat. Add vegetable mixture and saute until the moisture from the vegetables evaporates and they begin to brown, 7-10 mintes.
5. Add pinto beans, vegetable stock, cumin, oregano, salt, and pepper to the vegetables. Cook for about 1 minutes then lightly mash the beans. Simmer until the mixture thickens - it should be thick enough to hold its shape when spreading onto a tortilla.
6. Mix the cheese in with the veggie mixture.
7. To assemble the quesadillas, lay out 8 tortillas on a flat surface. Top each tortilla with 1/3 cup of the bean and veggie mixture.
8. 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 goldren brown. Before flipping the quesadillas, spray the tops with pan spray to ensure both sides brown evenly.
9. **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 **200**

Calories from Fat 35

Total Fat 4 g

 Saturated Fat 1.5 g

 Trans Fat 0 g

 Monounsaturated Fat 0.5 g

Cholesterol 5 mg

Sodium 320 mg

Total Carbohydrate 34 g

 Dietary Fiber 7 g

 Total Sugars 1 g

 Includes 0g Added Sugars

Protein 8 g

Vitamin D 0 %

Calcium 6 %

Iron 1 %

Potassium 145 mg

Phosphorus 45 mg
