



Bean and Veggie Quesadilla

Serves 12 to 16 Child Sized Portions

Preparation time: 15 minutes Cooking time: 10 minutes

Preheat oven to 350°F (180°C)

Common allergens: dairy, wheat

Equipment List

- Large cookie sheet
- Strainer
- Large non-stick pan
- Grater
- Spoon
- Measuring cups & spoons

Nutrition Information

Calories	140 calories
Total Fat	4.0 g
Saturated Fat	1.75 g
Sodium	236 mg
Carbohydrate	18 g
Fibre	5 g
Sugar	1.4 g
Protein	9.3 g

What You Need

INGREDIENTS	AMOUNTS	METRIC
Whole wheat tortillas	1 package (12 tortillas)	272 g
Beans stored in tomato sauce or one can of black beans	19 oz.	540 mL
Olive or canola oil	1 tsp.	5 mL
Red pepper, diced	1 cup	250 mL
Green pepper, diced	1 cup	250 mL
Broccoli, chopped into florets	1 cup	250 mL
Chilli powder	1 tsp.	5 mL
Cheddar cheese, shredded	1 ½ cups	375 mL
Salt and pepper to taste		

Instructions

1. Place two tortillas on a large cookie sheet.
2. Open canned beans and place in a strainer. Rinse under cold water.
3. In a large non-stick pan heat oil.
4. Sauté red pepper, green pepper, broccoli and beans until soft. About three minutes.
5. Add chili powder, salt and pepper and sauté one minute.
6. Add 1/6 of veggie and bean mixture onto one half of each of the tortillas.
7. Sprinkle with cheese.
8. Fold other half of tortilla over vegetable mixture and cheese.
9. Repeat until all filling is used.
10. Bake for 10 minutes or until cheese is melted.

Recipe taken from Healthy Family Program Collective Kitchen Recipe Book for Northern Cooks