

Make Meatless Meals a Snap!



Vegetarian Quesadillas

Serves: 3 | Serving Size: 1 quesadilla

Spray olive oil

6 small low-fat whole wheat tortillas

1 can black beans (no added salt), drained

1/4 cup shredded cheddar cheese

Heat the beans in a covered bowl in the microwave. Heat a nonstick pan over medium heat OR heat a panini maker or quesadilla maker. Lightly spray the pan with oil.

Place one tortilla on the pan. Top with 1/2 cup beans and 1/3 of the cheddar cheese.

Place a second tortilla over the beans and cheese. Lower the press for the panini or quesadilla maker, or just cook the quesadilla in the nonstick pan.

Cook the first side until it is brown, about 3 minutes. Flip the quesadilla and cook for 3 more minutes.

Chef's Tips:

We served the quesadillas with slaw, mango salsa and pico de gallo. They look especially nice when they are cut into quarters and stacked on the plate, as pictured above.

Did You Know?

Beans are a fantastic source of fiber, plant protein, iron, zinc, folate, and potassium.

MyPlate considers beans part of the vegetable *and* the protein food groups.

Pinto beans were first cultivated over 5,000 years ago!

Beans don't have to literally be dry in order to be called "dry beans." Dry beans are simply the name for the group of mature beans harvested from seed pods. This group includes black beans, pinto beans, lima beans, etc.

Nutrition Facts

Serving Size 1 quesadilla
Servings Per Batch 3

Amount Per Serving

Calories 375

Calories from Fat 49

% Daily Value *

Total Fat 5g 8%

Saturated Fat 2g 11%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 116mg 4%

Total Carbohydrate 66g 21%

Dietary Fiber 8g 31%

Sugars 0g

Protein 15g 29%

Vitamin A 1%

Vitamin C 0%

Calcium 11%

Iron 27%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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