

Ingredients:

2 1/4 cups frozen spinach, chopped
1 cup canned kidney beans, drained and rinsed
1 teaspoon garlic powder
1/2 teaspoon onion powder
1/4 teaspoon chili powder
4 whole wheat tortillas, 8 inch
1 1/2 cups low-fat mozzarella cheese, shredded
Nonstick cooking spray

Quick Quesadilla
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Directions:

1. Wash your hands with soap and warm water. Wash fresh fruits and vegetables before preparing them.
2. Preheat oven to 350 degrees Fahrenheit.
3. Thaw, drain, and squeeze excess liquid from spinach.
4. In a small bowl, add kidney beans, garlic powder, onion powder, and chili powder. Lightly mash beans with a fork. Microwave for 1 minute and stir.
5. To make the quesadilla, place 2 tortillas on a baking sheet. Evenly spread the spinach and bean mixture on each tortilla. Top with cheese.
6. Place the other two tortillas on top. Spray the top tortillas with cooking spray.
7. Bake for 15 minutes. Cut each quesadilla into six wedges and serve.

Nutrition Facts (Per Serving)

calories, 231; carbohydrate, 24 g; protein, 16 g; total fat, 7 g; saturated fat, 4 g; trans fat, 0 g; cholesterol, 15 mg; fiber, 6 g; total sugars, 2 g; sodium, 440 mg; calcium, 322 mg; folate, 9 mcg; iron, 5 mg; percent calories from fat, 27%.

Makes 6 servings, 2 slices each.



Quick Quesadilla

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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