

Red bean quesadilla



Recipe credit

USDA Center for Nutrition Policy and Promotion

About this recipe

Serves

4

Serving size

1/2 quesadilla

Time to make

Cook time: 20 minutes; Preparation time: 20 minutes

Ingredients

- 4 8-inch whole wheat tortilla
- 1 cup frozen spinach (thawed and squeezed to remove excess liquid)
- 1/2 cup shredded Monterey Jack or Cheddar cheese
- 1 avocado (peeled pitted chopped)
- 1 can 15.5 ounce low-sodium red kidney beans (drained and rinsed with cold water)
- garlic powder or dry herbs (optional)

Directions

1. Using a fork, mash beans in a bowl until slightly chunky. Add no-salt seasonings such as garlic powder and dried or fresh herbs, if desired.
2. Place 1 tortilla on a plate and top with half the mashed beans.
3. Top the beans with ½ cup of the spinach.
4. Top the spinach with half the cheese.
5. Top the cheese with half the avocado, (optional).
6. Put the other tortilla on top of the avocado, gently pressing it down so the top half sticks.
7. Repeat with the remaining 2 tortillas.
8. Place a nonstick skillet on the stove over medium and heat until warm, then place 1 quesadilla in the dry skillet. Cook until golden brown, about 1–2 minutes on each side. (Or put the plate in the microwave and heat until the cheese melts, about 45 seconds.)
9. Repeat with the remaining quesadilla.
10. Cut each quesadilla into quarters. Serve warm.

Tips and variations

- Black beans or white cannellini beans can be used instead of kidney beans.
- Make some salsa or guacamole as a delicious side dish!

Nutritional info

Calories

326

Total fat

9 g

Saturated fat

5 g

Cholesterol

22 mg

Sodium

509 mg

Total carbohydrates

48 g

Dietary fiber

11 g

Protein

18 g

Total sugar

3 g

Allergens

Dairy

Wheat

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