

Bean Quesadillas

Ingredients:

- 4 (10-inch) tortillas (whole wheat or white)
- 1 (15- to 16-ounce) can chili beans
- 1 c. shredded cheese (such as Monterey Jack)
- 1 c. salsa (if desired)
- 1 c. shredded lettuce (if desired)

Directions:

1. Open can of chili beans, pour onto a plate, stir and mash with a fork, if desired.
2. Place tortilla on microwavable plate.
3. Spread half of the mashed chili beans on center of tortilla.
4. Sprinkle ½ cup of cheese on top.
5. Top with second tortilla, slip off plate into a frying pan. Assemble second quesadilla.
6. Heat until cheese melts. Use pancake turner to transfer quesadillas to plates.
7. Cut each quesadilla in four pieces. Serve warm. Top with salsa and lettuce if desired.

Makes 4 servings. Per serving: 460 calories, 16 grams (g) fat and 58 g carbohydrate.

Recipe source: Northarvest Bean Growers (www.northarvestbean.org)

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