

Southwest Vegetable Quesadillas

Ingredients

YIELDS: 8 servings PREP TIME: 30 minutes

Bean Mix:

- 2 tbsp (30 mL) canola oil
- 1 clove of garlic
- 2-540 mL cans pinto beans
- 1 tsp (5mL) ground cumin
- 1 tsp (5mL) chili powder
- Pinch of salt and pepper
- Juice of 2 limes

Other Ingredients:

- 2 bell peppers (green, red, yellow or orange)
- 1 tbsp (15 ml) canola oil
- 2 green onions
- 2 cups (500 mL) cheese
- 8 large whole grain tortillas
- Salsa (optional)
- Sour cream or plain Greek yogurt (optional)



EQUIPMENT: Can opener / cheese grater / 2 cutting boards / electric skillet / fork / 2 knives / large plate for serving / mixing bowl (medium) / pizza cutter / potato masher / set of measuring cups / set of measuring spoons / small plates for sampling / 4 spoons / strainer / flipper

Directions

Make the Bean Mix:

- 1) Remove skins from garlic cloves and mince.
- 2) Rinse tops of bean cans. Thoroughly rinse and drain beans using strainer.
- 3) Heat 2 tbsp. of oil in skillet. Add beans, minced garlic, cumin, chili powder, salt and pepper to the skillet. Cook until heated (~5 minutes).
- 4) Turn skillet off. Add 2-3 tbsp. of warm water and juice of 2 limes to bean mixture. Transfer to a medium bowl and use potato masher to mash the bean mixture to desired texture.

Make the Quesadillas:

- 5) Thoroughly wash bell peppers and green onions under cool running water. Chop into small uniform pieces.

- 8) Optional: Heat 1 tbsp. of oil in skillet over medium heat. Add peppers and cook until tender-crisp, stirring often.
- 9) Shred cheese using grater.
- 10) Use spoons to spread the refried beans over half of each tortilla. Top with green onions, peppers, and grated cheese. Fold tortillas in half.
- 11) Cook quesadillas in skillet until lightly browned on the outside and cheese is melted (2-3 minutes).
- 12) Cut into quarters and serve with salsa and sour cream/plain yogurt if desired.

Chef's Tip



Instead of making the refried beans, use 1- 540 mL can of prepared refried beans.

Let's Get Cookin'!

