



Quick Quesadilla

Quesadillas, a popular menu item in Mexico, are made by folding a corn or flour tortilla in half and filling it with a variety of ingredients. This recipe puts a twist on the traditional favorite by baking the quesadillas, instead of toasting them on a griddle or in a pan.

Makes: 6 servings **Prep time:** 20 minutes
Cook time: 15 minutes

the INGREDIENTS

2¼ cups spinach, frozen, chopped
(thawed and drained yields 1½ cups)

1 cup kidney beans, dark red, canned, no salt added, drained and rinsed; *or* kidney beans, dry, cooked

1 teaspoon garlic powder

½ teaspoon onion powder

¼ teaspoon chili powder

4 whole-grain tortillas, 8"
(at least 51 gm each)

1½ cups mozzarella cheese, low-fat, shredded

Nonstick cooking spray

the DIRECTIONS

1. Thaw, drain, and squeeze excess liquid from spinach.
2. Preheat oven to 350 °F.
3. Place kidney beans in a small microwavable bowl.
4. Add garlic powder, onion powder, and chili powder.
5. Lightly mash beans by squeezing, using gloved hands (at least 50% of the beans should appear whole). Be careful not to overmash beans.
6. Heat in microwave for 1 minute. Stir with a spoon.
7. Prepare quesadillas:
 - a. Place half of the tortillas on a baking sheet. Spread ¾ cup of spinach on each tortilla. Top each with ¾ cup of bean mixture and ¾ cup of cheese.
 - b. Place remaining tortillas on top.
 - c. Spray outside of filled quesadillas with nonstick cooking spray.
8. Bake for 15 minutes. Heat quesadillas to an internal temperature of 140 °F or higher for at least 15 seconds.
9. Cut each quesadilla into 6 wedges.
10. Serve 2 wedges or ⅓ quesadilla.

Critical Control Point: Hold at 140 °F or higher.

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NUTRITION INFORMATION

For 2 slices wedges or 1/3 quesadilla.

Nutrients	Amount
Calories	203
Total Fat	6 g
Saturated Fat	2 g
Cholesterol	10 mg
Sodium	442 mg
Total Carbohydrate	26 g
Dietary Fiber	6 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	14 g
Vitamin D	N/A
Calcium	157 mg
Iron	1 mg
Potassium	N/A

N/A=data not available.

Source: Team Nutrition CACFP
Multicultural Recipe Project.

<https://teamnutrition.usda.gov>

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CACFP CREDITING INFORMATION

2 wedges (1/3 quesadilla) provides legume as meat alternate: 1 1/2 oz equivalent meat alternate, 1/4 cup vegetable, and 1 oz equivalent grains; or legume as vegetable: 1 oz equivalent meat alternate, 3/8 cup vegetable, and 1 oz equivalent grains.

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CHEF TIPS

Tips for Soaking Dry Beans

1 lb dry kidney beans = about 2 1/2 cups dry or 6 1/4 cups cooked beans.

Overnight Method: Add 1 3/4 qts cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

Quick-Soak Method: Boil 1 3/4 qts of water for each 1 lb of dry beans. Add beans, and boil for 2 minutes. Remove from heat, and allow to soak for 1 hour. Discard the water. Proceed with recipe.

Tips for Cooking Dry Beans

Once the beans have been soaked, add 1 3/4 qts water for every 1 lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use cooked beans immediately.

Optional

Serve with sliced or mashed avocado, cilantro, or salsa.