

VYP

Vary Your Protein Recipe Series

Recipe Category: Hot Main Dish

Quick Quesadilla

Yield: 1 serving

- 1 tortilla, preferably whole wheat, 8 inches in diameter
- 3 tablespoons canned fat free seasoned refried beans
- 3 tablespoons cooked dry beans, any kind (such as red, black or pinto), cooked without salt, drained and rinsed
- 2 tablespoons shredded cheese, such as colby or cheddar
- 1 tablespoon chunky salsa

1. Wash your hands and work area.
2. Place a tortilla on a flat surface, such as a large plate.
3. Spread refried beans over the tortilla, leaving the edges bare.
4. Spread cooked dry beans over the refried beans.
5. Sprinkle shredded cheese over the beans.
6. Fold tortilla in half and press edges together.
7. Heat a skillet sprayed with non-stick cooking spray over medium heat. Place quesadilla in skillet for 1 to 2 minutes on each side, until lightly browned.
8. Just before serving, top with 1 tablespoon salsa.
9. Cover and refrigerate leftovers within two hours. Or, if desired, freeze quesadilla in a moisture-proof freezer container. The day before serving, allow it to thaw in the refrigerator. Place on a microwave-safe plate and microwave on medium power until warm.



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*Meal suggestion:
Serve with a tossed salad, sliced apples and low-fat milk.*

This hot main dish is an excellent source of dietary fiber and a good source of calcium and iron.

Nutrition Facts

Serving Size 1 quesadilla (156g)
Servings Per Container 1

Amount Per Serving

Calories 290 Calories from Fat 60

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 560mg **23%**

Total Carbohydrate 41g **14%**

Dietary Fiber 8g **32%**

Sugars 2g

Protein 13g

Vitamin A 4% • Vitamin C 0%

Calcium 15% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

3 carbohydrate choices per serving.

For more information about healthy eating, contact your local extension office or log on to www.ksre.ksu.edu/humannutrition/. The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777. Recipe developed by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Associate Professor, Dept. of Human Nutrition, **Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS**. Contents of this publication may be reproduced for educational purposes. All other rights reserved. In each case, credit Mary Meck Higgins, "VYP Recipe Series," Jan. 2009. This material was funded by USDA's Supplemental Nutrition Assistance Program. Kansas State University is an equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts and the U.S. Department of Agriculture Cooperating.