



Connecting schools and students
with local farms and farm fresh,
nutritious foods!

Seneca County Cornell Cooperative Extension • 308 Main Street Shop Centre Waterloo, NY 13165
p: (315) 539-9251 • e: seneca@cornell.edu • www.senecacountycce.org • Follow us   

Building Strong and Vibrant New York Communities



Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.

F2S Veggie and Bean Quesadilla

Servings: 8

Ingredients:

- 8 small, wholegrain tortillas
- 1 cup local cheese, shredded (cheddar works well)
- 2 cups veggies, coarsely chopped (zucchini, spinach, garlic scapes, spring onion, or other fresh veggies)
- 1 cup fat-free refried beans or other canned beans, slightly mashed
- Optional: 1/4 cup fresh cilantro, chopped
2 Tbsp fresh chives, chopped
1/2 cup onion, chopped and sautéed
1 Tbsp sour cream on top
Salsa for dipping

Instructions:

1. Optional: Lightly sauté chopped veggies in olive oil before making quesadillas.
2. Place four tortillas on a flat surface and spread 1/4-1/2 cup refried beans evenly over the tortilla, leaving about 1/2 inch of space around the outer edge.
3. Please 1/2 cup of chopped, fresh veggies on top of the beans, sprinkle with 1/4 cup of shredded cheese, and place another tortilla on top.
4. Place the quesadilla on a flat top fry pan or griddle (do not grease the pan) and cook 2-4 minutes per side on medium, until golden brown and crisp on both sides.

Nutrition Facts

Serving Size 1/2 of 1 quesadilla
Servings Per Container 8

Amount Per Serving

Calories 170 Calories from Fat 30

% Daily Value*

Total Fat 4g 8%

 Saturated Fat 1g 2%

 Trans Fat 0g

Cholesterol 0mg 0%

Sodium 370mg 15%

Total Carbohydrate 21g 8%

 Dietary Fiber 0g 0%

 Sugars 1g

Protein 3g

Vitamin A 100% Vitamin C 4%

Calcium 20% Iron 10%

*Percent Daily Values are based on a diet of other people's secrets.

© 2008 Nutrition Facts, Inc. All rights reserved.

100% Satisfaction Guarantee

100% Satisfaction Guarantee

100% Satisfaction Guarantee

100% Satisfaction Guarantee

100% Satisfaction Guarantee

100% Satisfaction Guarantee

100% Satisfaction Guarantee