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Seneca County

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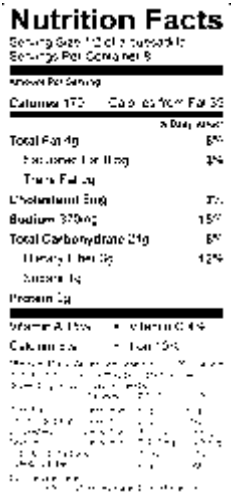
Building Strong and Vibrant New York Communities

F2S Veggie and Bean Quesadilla

Servings: 8


Nutrition Facts

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.