

## Veggie Quesadilla (Large Font)

A delicious vegetarian dish!

<b><u>U.S.</u></b>		<b><u>Metric</u></b>
1 each	Bell Pepper, green or red, roughly chopped	1 each
1/2 each	Onion, roughly chopped	1/2 each
2 cloves	Garlic, roughly chopped	2 cloves
4 oz	Crimini Mushrooms, roughly chopped	113 g
2 tsp	Olive Oil	10 mL
1 (15 oz) can	Pinto Beans, drained and rinsed	425 g
1 cup	Vegetable Stock or Water	240 mL
2 tsp	Cumin, ground	1.2 g
1/2 tsp	Oregano, dried	0.5 g
1/2 tsp	Salt, Kosher	3 g
To taste	Black Pepper, ground	To taste
2 Tbsp	Cilantro, fresh, chopeed	7.2 g
12 each	Corn Tortillas	12 each
1/4 cup	Cheddar Cheese, shredded	38 g
As needed	Pan Spray	As needed

### **Preparation:**

1. Gather all ingredients and equipment.
2. (Optional, see step 8) Preheat oven to 400°F (200°C).
3. Roughly chop the bell pepper, onion, garlic, and mushrooms then place in a food processor. Pulse vegetables in the food processor until vegetables are finely chopped, but not pureed.
4. Place olive oil in a medium saute pan over medium heat. Add vegetable mixture and saute until the moisture from the vegetables evaporates and they begin to brown, 7-10 mintes.
5. Add pinto beans, vegetable stock, cumin, oregano, salt, and pepper to the vegetables. Cook for about 1 minutes then lightly mash the beans. Simmer until the mixture thickens - it should be thick enough to hold its shape when spreading onto a tortilla.
6. To assemble the quesadillas, lay out 8 tortillas on a flat surface. Divide the cheese evenly between the tortillas, about 1 Tablespoon per quesadilla, then top with 1/4 cup of the bean mixture. Top each with another tortilla to make 8 quesadillas total.
7. Heat a large skillet over medium heat and coat with pan spray. Place quesadillas in the skillet one at a time, working in batches if needed. Cook each side for about 3 minutes, until goldren brown. Before flipping the quesadillas, spray the tops with pan spray to ensure both sides brown evenly.
8. **Alternate Cooking Method:** Arrange quesadillas in a single layer on a baking sheet. Bake in the oven until cheese is melted and edges are crisp, about 8-12 minutes.

**\*\* Nutrition Facts on Reverse**

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## Nutrition Facts

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6 Servings

**Serving size**            **1 quesadilla**

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**Amount per**

**Calories**                    **200**

Calories from Fat            35

**Total Fat**                    4 g

  Saturated Fat                1.5 g

  Trans Fat                     0 g

  Monounsaturated            0.5 g

**Cholesterol**                5 mg

**Sodium**                      320 mg

**Total Carbohydrate**       34 g

  Dietary Fiber                7 g

  Total Sugars                 1 g

    Includes 0g Added Sugars

**Protein**                      8 g

Vitamin D                     0 %

Calcium                        6 %

Iron                             1 %

Potassium                    145 mg

Phosphorus                  45 mg

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