MEATLESS MONDAY RECIPE



* RED BEAN QUESADILLA*

* INGREDIENTS

1 1/2 cups cooked kidney beans

1/2 tsp garlic powder

4 (8-inch) whole wheat tortillas

1 cup frozen spinach - thaw and squeeze out excess liquid

3/4 cup shredded cheese



* DIRECTIONS

Using a fork, mash cooked beans in a bowl. Add seasonings (if desired).

Place 1 tortilla on a plate. Add ½ the beans. Top the beans with ½ cup spinach.

Add cheese over the spinach.

Place another tortilla over the cheese, gently pressing down so the top half sticks.

Repeat with the other 2 tortillas.

Place a non-stick skillet on medium heat until warm. When warm, place one quesadilla on the dry skillet. Cook until golden brown, about 2 minutes on each side.

Repeat with the remaining quesadilla. Cut each quesadilla into wedges. Serve warm.

YIELD: 4 SERVINGS SERVING SIZE: 1/4TH RECIPE CALORIES 220, FAT 6G, PROTEIN 13G, SODIUM 300MG, CARBOHYDRATE 31G, FIBER 7G



For more information contact your local extension office.

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