

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 1/2 the beans. Top the beans with 1/2 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