

Lunch | Dinner

# **Cheesy Bean Quesadilla**

15 Mins **Prep Time** 

10 Mins **Cook Time** 

**Servings** 

468 Calories 24g Fat 49g Carbs 16g Protein



## **Ingredients**

4 Servings • 1 Quesadilla Serving Size



25 Mins Total Time



**○** Allergens: Gluten, Dairy

#### **Avocado Salsa Verde**

1 Cup Mild Salsa Verde

1 Large Ripe Avocado, pitted and sliced into 4 large pieces



Large Handful of Fresh Cilantro

½ Lime, Juiced (1 Tbsp Lime Juice)

#### Quesadilla

1 to 2 Tbsp Extra Virgin Olive Oil, plus more for brushing

1 Tsp Chili Powder

1/2 Tsp Ground Cumin

Salt, to taste

4 Whole Grain Tortillas (8" in diameter)

3 Cups Sharp Cheddar Cheese or Monterey Jack Cheese

15 oz Can Vegetarian Black Bean Refried Beans 💖



#### **Nourishment Note**



#### **®** Beans

Black beans contain a type of fiber important to helping lower cholesterol levels, reducing the risk of heart disease. Black beans may also help lower inflammation and reduce pain associated with multiple sclerosis.



#### Avocado

Avocados are both a fruit and a fat, and contain a variety of vitamins, minerals, and antioxidants to help keep your body working it's best.

#### **Allergen Swap**

Gluten Replace regular tortillas with gluten-free or corn tortillas

Dairy Replace the cheese with a dairy-free version



### **Instructions**

#### 1. Wash Hands

Wash hands with soap and water.

#### 2. Make the Avocado Salsa Verde

In a food processor or blender, combine the salsa verde, avocado, cilantro, and 1 Tbsp lime juice. Blend until the salsa is super creamy, stopping to scrape down the sides as necessary. Scoop into a bowl for dipping.

#### 3. Make the Quesadillas

Heat a 10-inch skillet over medium heat. Warm one tortilla for about 30 seconds, flipping halfway. Flip once more, then spread 1/4th of the refried beans onto half of the tortilla. Sprinkle 1/4th of the cheese over the filling and fold the empty half on top to enclose the fillings.

#### 4. Cook the Quesadillas

Brush the top of the tortilla with oil and carefully flip. Cook until the underside is golden and crispy, about 1-2 minutes. Transfer to a cutting board, and repeat with the remaining tortillas.

#### 5. Slice & Serve

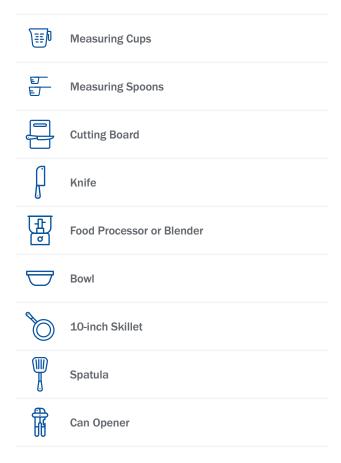
Slice each quesadilla into three even wedges. Serve with avocado salsa verde on the side.

#### 6. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians

## What You'll Need



#### **Fatigue Buster**

· Ask a friend or family member to help make this recipe.