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# PINTO BEAN QUESADILLAS

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Nut-Free, Egg-Free, Vegetarian

**Yield:** 4 servings    **Total time:** 20 minutes

## Ingredients

- 1, 15-ounce can pinto beans, drained and rinsed
- 1/2 cup shredded low fat cheese
- 1/2 cup salsa
- 1/4 cup corn
- 1/2 bell pepper, diced
- 4, 8-inch whole-wheat tortillas
- 2 tsp olive oil
- 1 avocado, diced
- 1/4 cup sour cream
- 1 cup shredded lettuce or cabbage
- Hot sauce (optional)

## Directions

- Wash and prep ingredients: drain and rinse pinto beans, chop bell peppers and avocado.
- In a medium bowl, combine beans, cheese, salsa, corn and bell peppers.
- Place tortillas on a clean working surface and spread 1/2 cup filling on half of each tortilla. Fold tortillas in half, pressing gently to flatten.
- Heat 1 tsp oil in a large nonstick skillet over medium heat. Add 2 quesadillas to pan and cook for 2 minutes on each side. Transfer cooked quesadillas to a cutting board and repeat.
- Serve quesadillas topped with shredded lettuce, sour cream, avocado and hot sauce (optional).



## D'LISH

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## Grocery List

- Pinto beans
- Shredded cheese
- Salsa
- Corn
- Bell peppers
- Whole-wheat tortillas
- Olive oil
- Avocado
- Sour cream
- Shredded lettuce
- Hot sauce

## Kitchen Equipment

- Cutting boards
- Chef's knife
- Colander
- Can opener
- Measuring cups and spoons
- Nonstick skillet

Per serving: Calories 360; Total Fat: 15g; Saturated Fat: 5g; Sodium: 589mg; Total Carbohydrates: 41g; Fiber: 11g; Protein: 14g

### Ingredient tip

- May substitute pinto beans for black beans, chickpeas, or shredded chicken.
- May use guacamole instead of diced avocado.
- May substitute cheese and sour cream for dairy-free options if lactose-intolerant or vegan.
- May substitute whole-wheat tortillas for corn or gluten-free tortillas if gluten-intolerant or celiac.

### Nutrition Information

- Beans are incredibly healthy. They contain antioxidants, fiber, protein and carbohydrates with minimal amounts of fat and sugar. A diet rich in beans can help support healthy bones, decrease blood pressure, regulate blood sugar levels, prevent inflammation and promote healthy digestion.
- We are using whole-wheat tortillas because they healthy alternative to flour tortillas. They provide more nutrients and are packed with protein and fiber. Whole grains can help reduce the risk of heart disease, type 2 diabetes and obesity.
- Salsa is low in calories, high in flavor, and is made of fruits and vegetables. You can make your own salsa, but you can also buy really good salsa from the supermarket if you don't have the time to make your own salsa, which is likely the case.
- Bell peppers are low in calories and are loaded with good nutrition. All varieties are excellent sources of vitamins A and C, potassium, folic acid, and fiber.
- Avocados contain high levels of healthy, beneficial fats, which can help a person fuller longer between meals. Eating fat slows the breakdown of carbohydrates, which helps keep blood sugar levels stable.