Quick Quesadilla

Quesadillas, a popular menu item in Mexico, are made by folding a corn or flour tortilla in half and filling it with a variety of ingredients. This recipe puts a twist on the traditional favorite by baking the quesadillas, instead of toasting them on a griddle or in a pan.

Makes: 6 servings    Prep time: 20 minutes
Cook time: 15 minutes

INGREDIENTS

- **2 ¼ cups** spinach, frozen, chopped (thawed and drained yields 1 ½ cups)
- **1 cup** kidney beans, dark red, canned, no salt added, drained and rinsed; or kidney beans, dry, cooked
- **1 teaspoon** garlic powder
- **½ teaspoon** onion powder
- **¼ teaspoon** chili powder
- **4 whole-grain tortillas, 8” (at least 51 gm each)**
- **1 ½ cups** mozzarella cheese, low-fat, shredded

Nonstick cooking spray

DIRECTIONS

1. Thaw, drain, and squeeze excess liquid from spinach.
2. Preheat oven to 350 °F.
3. Place kidney beans in a small microwavable bowl.
4. Add garlic powder, onion powder, and chili powder.
5. Lightly mash beans by squeezing, using gloved hands (at least 50% of the beans should appear whole). Be careful not to overmash beans.
6. Heat in microwave for 1 minute. Stir with a spoon.
7. Prepare quesadillas:
   a. Place half of the tortillas on a baking sheet. Spread ¾ cup of spinach on each tortilla. Top each with 3/8 cup of bean mixture and ¼ cup of cheese.
   b. Place remaining tortillas on top.
   c. Spray outside of filled quesadillas with nonstick cooking spray.
8. Bake for 15 minutes. Heat quesadillas to an internal temperature of 140 °F or higher for at least 15 seconds.
9. Cut each quesadilla into 6 wedges.
10. Serve 2 wedges or 1/3 quesadilla.

Critical Control Point: Hold at 140 °F or higher.
### NUTRITION INFORMATION

For 2 slices wedges or ⅓ quesadilla.

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N/A=data not available.

**Source:** Team Nutrition CACFP Multicultural Recipe Project.

https://teamnutrition.usda.gov

### CACFP CREDITING INFORMATION

2 wedges (⅓ quesadilla) provides legume as meat alternate: 1½ oz equivalent meat alternate, ¼ cup vegetable, and 1 oz equivalent grains; or legume as vegetable: 1 oz equivalent meat alternate, ⅜ cup vegetable, and 1 oz equivalent grains.

### CHEF TIPS

#### Tips for Soaking Dry Beans

1 lb dry kidney beans = about 2½ cups dry or 6¼ cups cooked beans.

- **Overnight Method:** Add 1¾ qts cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.
- **Quick-Soak Method:** Boil 1¾ qts of water for each 1 lb of dry beans. Add beans, and boil for 2 minutes. Remove from heat, and allow to soak for 1 hour. Discard the water. Proceed with recipe.

#### Tips for Cooking Dry Beans

Once the beans have been soaked, add 1¾ qts water for every 1 lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use cooked beans immediately.

**Optional**

Serve with sliced or mashed avocado, cilantro, or salsa.