

Bean and Cheese Quesadillas



Makes:

6 servings

Utensil:

11" Square Griddle

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Contributed By:

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Recipe Description:

Just one quesadilla provides one-quarter of your daily nutritional requirement of protein. Serve with a salad and you have a nutritious dinner. Or serve as appetizers - a healthy way to start a party.

1 1/2
cups
chili beans, drained
(381
g)
1
cup
Monterey jack cheese, reduced-fat, grated, use Cone #1
(113
g)
1
jalapeno pepper, seeded and chopped
2
tablespoons
fresh cilantro, chopped

(2
g) ¹/₂

teaspoon

Southwestern chipotle seasonings, salt-free

(1
g)

6

whole-wheat tortillas, 98% fat-free

6

tablespoons

salsa

(96

g)

Directions:

1. In a medium bowl combine chili beans, cheese, jalapeno, cilantro and Southwest seasoning. Mash mixture slightly with a fork or potato masher to blend. Set aside.
2. Preheat griddle over medium heat. Meanwhile, spread one tablespoon (16 g) on a tortilla. Spread ¹/₃ cup (84 g) bean mixture over ¹/₂ of the tortilla. Fold tortilla in half to enclose filling. When several drops of water sprinkled on griddle skitter and dissipate place tortilla on griddle.
3. Repeat with 2 more tortillas. Cook 3 at a time for 3 minutes. Turn and cook for approximately 3 more minutes or until light brown and cheese is melted.
4. Repeat with remaining ingredients.

Tips:

- Can use small red beans in a spicy tomato sauce rather than chili with beans.

Nutritional Information per Serving

Calories:

234

Total Fat:

6g

Saturated Fat:

2g

Cholesterol:

13mg

Sodium:

746mg

Total Carbs:

36g

Dietary Fiber:

4g

Sugar:

3g

Protein:

12g