

## Bean and Cheese Quesadillas



### Makes:

6 servings

### Utensil:

11" Square Griddle

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### Recipe:

### 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 ½ 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)  
½ 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 ⅓ cup (84 g) bean mixture over ½ 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** 36g  
**Carbs:**  
**Dietary Fiber:** 4g  
**Sugar:** 3g  
**Protein:** 12g