

Lunch | Dinner

Cheesy Bean Quesadilla

15 Mins
Prep Time

10 Mins
Cook Time

4
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

½ 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. 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.

2. 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.

3. 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.

4. Slice & Serve

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

Recipe created by Meijer Registered Dietitians,
Beth Eggleston and Emily Parsell

What You'll Need



Measuring Cups



Measuring Spoons



Cutting Board



Knife



Food Processor or Blender



Bowl



10-inch Skillet



Spatula



Can Opener

Fatigue Buster

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