

QUESADILLAS (Kay-sa-dee-yahs)

Family favourite for a fast filling and easy meal.

- 2 veggies – choice of:
 - sweet peppers
 - red or green onion
 - tomatoes
- 1 can of red or black beans
- ¼ tsp cumin
- 1/2 tsp salt
- 1/8 tsp paprika or chile powder
- whole wheat flour tortillas
- 1 cup cheddar cheese



1. Rinse the beans until no bubbles appear. This removes the saponins off the beans, to reduce the gassiness caused by beans.
2. Mash the beans into a paste.
3. Add the seasonings to the beans.
4. Grate the cheese.
5. Warm griddle or non-stick pan on stove (medium heat).
6. Place one tortilla on the pan. Add ¼ cup of bean mixture to middle of tortilla. Sprinkle cheese over the tortilla.
7. Place a second tortilla on top of the bean mixture and cheese. Press down using spatula until flat and beans spread to the edge of the tortilla.
8. Heat on medium for 2 minutes, then flip to melt cheese. Heat for 1-2 minutes.
9. Remove from heat with spatula to cutting board.



10. Cut into triangles and serve with fresh salsa and sour cream or yogurt.