

# Red Beans & Cheese Quesadillas



*Quesadillas are a great way to use up leftovers and create a new dish. Simply add cheese and a creamy spiced dipping sauce and lunch is done!*

YIELD 6 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 45 MIN
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## INGREDIENTS

*For the Quesadillas:*

2 tsp	Olive Oil
½ each	Onion, diced small
½ each	Red Bell Pepper, diced small
1 stalk	Celery, diced small
1 clove	Garlic, minced
1½ tsp	Salt-Free Creole Seasoning (separate recipe)
½ tsp	Smoked Paprika
¼ tsp	Kosher Salt
1 cup	Vegetable Stock, no sodium added
1 (15oz) can	Kidney Beans, canned, low sodium, drained and rinsed
12 each	Corn Tortillas
¾ cup	Cheddar Cheese, shredded (3 oz.)
As needed	Non-stick Cooking Spray

*For the Dipping Sauce:*

½ cup	Greek Yogurt, plain, non-fat
2 tsp	Hot Sauce, such as Crystal

## CHEF'S NOTES

These quesadillas can also be made with your leftover beans from Monday's pot to save time and make this lunch recipe come together quicker.

Making a smaller batch? They can be cooked in a nonstick skillet over medium heat with a little nonstick cooking spray. Heat for 4 minutes then flip and cook for 4 more minutes to golden, crispy perfection. Kids can also assemble and bake these in the toaster oven!

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 400°F and line a full sheet tray with parchment paper. Spray with nonstick cooking spray.
2. Heat a small sauté pan over medium heat and once hot, add the oil. Add the onions, bell pepper, and celery to the pan and cook until softened and translucent, about 3-4 minutes. If needed, lower the heat to keep the vegetables from getting too brown. Add the garlic and continue to cook until fragrant, about 30 seconds.
3. Add the spices and salt and stir to coat the vegetables in the spice mixture, allowing to toast slightly. Add the stock and stir to scrape up any brown bits stuck to the pan. Add the drained

beans and bring to a simmer. Allow the vegetables and beans to soften and the sauce to thicken, about 2-3 minutes.

- Using a potato masher, smash the beans until they are broken up and creamy. Remove from the heat and allow to cool slightly.
- Assemble the quesadillas: Place 6 tortillas on the prepared sheet tray and top each with 1 Tbsp of shredded cheese then  $\frac{1}{4}$  cup bean mixture. Add another 1 Tbsp of cheese then top with the remaining tortillas.
- Spray the tops of the quesadillas with nonstick cooking spray and bake until the bottoms are browning and becoming crispy, about 5-6 minutes. Use a spatula to flip each quesadilla and spray again before finishing in the oven for the other sides to crisp, an additional 4-5 minutes.
- Meanwhile, in a small mixing bowl, add the yogurt and hot sauce, stir to combine. Set aside until ready to serve.
- Remove the quesadillas from the oven and allow to cool for 1-2 minutes before cutting each quesadilla into 4 wedges. Serve with dipping sauce!

## Nutrition Facts

6 servings per container

### Serving size

1 quesadilla with 1 Tbsp sauce (218g)

### Amount Per Serving

**Calories** **250**

% Daily Value\*

**Total Fat** 7g **9%**

Saturated Fat 3g **15%**

*Trans Fat* 0g

**Cholesterol** 15mg **5%**

**Sodium** 290mg **13%**

**Total Carbohydrate** 36g **13%**

Dietary Fiber 7g **25%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

**Protein** 11g **22%**

Vitamin D 0.1mcg 0%

Calcium 160mg 10%

Iron 1.7mg 10%

Potassium 360mg 8%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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