



Cheese & Beans Quesadillas with Homemade Salsas

SERVES 4-6

Pillar(s) of Nutrition: All in with Whole Grain, Eat the Rainbow

Salsa Ingredients

Salsa Fresca

- 1-2 cloves **garlic**, minced
- 4 **tomatoes** (preferably Roma) roughly chopped
- 3 **green onions**, chopped
- 1/3 cup **cilantro**, chopped
- 1 **lime**, juiced

Mango Avocado Salsa

- 1 **mango**, peeled, scored and diced
- 1 **avocado**, peeled, scored and diced
- 1 clove **garlic**, minced
- 1/4 cup **cilantro**, chopped
- 1/4 cup **red onion**, chopped
- 2 Tablespoons **fresh lime juice**
- 2 Tablespoons **fresh orange juice (optional)**
- 1 Tablespoon **olive oil**

Quesadillas

- 4 (8") **whole wheat tortillas**
- 2 cups **Monterey Jack Cheese**, shredded
- 1 can **Black beans, drained**
- 4 teaspoons **vegetable oil**

Variations to Try

- ❑ Add additional fillings to the tortillas such as black beans or leftover chopped chicken
- ❑ Top with sour cream or yogurt

Something to Chew On

- ❑ The quesadilla has its origins in colonial Mexico. The quesadilla has changed and evolved over many years as people have experimented with different variations of it.
- ❑ What has more fiber: Beans, Cheese or Meat
- ❑ To score in the kitchen has a different meaning than to score in a game.

Directions

Salsa Fresca

1. Mince the **garlic**.
2. Chop the **tomatoes, green onions, and cilantro**.
3. Juice the **lime**.
4. Combine all ingredients in a large bowl and mix well.

Mango Avocado Salsa

5. Mince the **garlic** and chop the **cilantro** and **red onion**.
6. Juice the **lime** and juice the **orange**.
7. Peel the **mango** and the **avocado**, then score and dice into 1/2 inch pieces.
8. In a medium bowl combine the diced **mango, avocado, chopped red onion, and chopped cilantro**. Mix in the **lime** and **orange juices, olive oil and salt and pepper**. Toss gently to combine.

Quesadillas

1. Lay **tortillas** on a cutting board. Sprinkle 1/2 cup **cheese** over half of each tortilla. Place drained **black beans** in an amount you choose on top. Fold **tortillas** in half, forming half-moon shape with cheese inside, and press to flatten.
2. Heat 2 teaspoons of the **oil** in a 9 to 10 inch skillet over medium heat. Add 2 of the folded **tortillas** and cook until bottoms are crisp and well browned, 2 to 3 minutes, then flip gently and cook until both sides are crisp and browned, 1 to 2 minutes. Repeat with the remaining filled tortillas.
3. Top with **salsa** of your choice and enjoy!