



Connecting schools and students  
with local farms and farm fresh,  
nutritious foods!

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## F2S Veggie and Bean Quesadilla

Servings: 8

### Ingredients:

- 8 small, wholegrain tortillas
  - 1 cup local cheese, shredded (cheddar works well)
  - 2 cups veggies, coarsely chopped (zucchini, spinach, garlic scapes, spring onion, or other fresh veggies)
  - 1 cup fat-free refried beans or other canned beans, slightly mashed
  - Optional: 1/4 cup fresh cilantro, chopped
    - 2 Tbsp fresh chives, chopped
    - 1/2 cup onion, chopped and sautéed
    - 1 Tbsp sour cream on top
- Salsa for dipping

### Instructions:

1. Optional: Lightly sauté chopped veggies in olive oil before making quesadillas.
2. Place four tortillas on a flat surface and spread 1/4-1/2 cup refried beans evenly over the tortilla, leaving about 1/2 inch of space around the outer edge.
3. Please 1/2 cup of chopped, fresh veggies on top of the beans, sprinkle with 1/4 cup of shredded cheese, and place another tortilla on top.
4. Place the quesadilla on a flat top fry pan or griddle (do not grease the pan) and cook 2-4 minutes per side on medium, until golden brown and crisp on both sides.

### Nutrition Facts

Serving Size 1 Quesadilla  
 Servings Per Container 8

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Amount Per Serving

<b>Calories</b> 170	<b>Total Fat</b> 10g	<b>Fat</b> 35%
	<b>% Daily Value*</b>	
<b>Total Fat</b> 10g		20%
<b>Total Protein</b> 10g		20%
<b>Total Carbohydrate</b> 24g		8%
<b>Total Fiber</b> 3g		12%
<b>Sodium</b> 1g		

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**Protein** 1g

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**Other** 1g

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**Calories** 170