



# Bean and Cheese Quesadillas

Makes: 50 child servings

## Ingredients

Imperial Measurement	Ingredient	Metric Measurement
8 cups	kidney or black beans, cooked <b>OR</b> canned beans, rinsed and drained	2 L
8 cups (2 lbs)	cheese, grated	2 L (950 g)
1 tbsp	chili powder	15 mL
2 cups	salsa	500 mL
25	whole wheat tortilla shells (10-inch / 25 cm)	25
Optional:	red or green peppers, chopped tomatoes, chopped green onions, sliced	

## Instructions

1. Preheat oven to 350°F (180°C).
2. In medium bowl, mash beans with potato masher (can also be done in a food processor).
3. Fold in grated cheese, chili powder, salsa and optional ingredients, if using.
4. Divide bean mixture and spread on one half of each tortilla.
5. Fold tortillas in half. Press gently.
6. Place on parchment-lined baking sheets.
7. Bake for approx. 5 minutes per side until cheese is melted.
8. Allow to rest for a couple of minutes before cutting.
9. Cut into wedges with knife or pizza wheel.

*Alternate method:* Grill quesadillas on a stove-top or counter-top grill instead of baking in the oven.

### Nutrition Information

Serving ¼ quesadilla  
(75 g)

<b>Calories</b>	180
<b>Fat</b>	8 g
Saturated	4.5 g
+ Trans	0 g
<b>Sodium</b>	400 mg
<b>Carbohydrates</b>	19 g
Fibre	4 g
Sugars	0 g
<b>Protein</b>	9 g
Calcium	150 mg
Iron	0.5 mg

### Food Guide Servings

1 Grain Product  
½ Milk & Alternative  
½ Meat & Alternative