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Bean and Vegetable Quesadilla

Makes: 24 Servings

24 Servings

Ingredients	Weight	Measure
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Directions

1. In mixer bowl with paddle, combine beans, vegetables, lemon juice and spices and blend.
2. In separate bowl, blend cheeses together.
3. Heat tortillas to soften.
4. Brush one side of tortillas with oil and placed oiled side down in 18 x 26 x 1 inch pan.
5. Portion bean mixture with # 24 scoop onto each tortilla and spread to within 1/2 inch of edge.
6. Portion cheese mixture with #30 scoop over bean mixture and spread.
7. Fold each tortilla in half, covering filling. Cover pans and hold in refrigerator until ready to grill.
8. To grill, place quesadillas on preheated 350 degree F oiled grill and brown on both sides until filling is 165 degrees F.
9. Shingle stack quesadillas in 12 x 20 x 2 inch pans and hold at or above 140 degrees F.

Notes

Serving Tips:

Serve with Mexican toppings: chopped tomato, sour cream, guacamole, salsa.

Additional Tips:

To reduce fat content use fat-free refried beans.

Nutrition Information

Nutrients	Amount
Calories	520
Total Fat	32 g
Saturated Fat	15 g
Cholesterol	71
Sodium	728 mg
Total Carbohydrate	42 g
Dietary Fiber	5 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	18 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

