

# Quesadillas

**Serves:** 4

**Prep time:** 15 minutes

**Cook time:** 25 minutes



1 serve per portion

## Ingredients

4 multigrain tortillas

$\frac{3}{4}$  cup tomato salsa

1 cup tasty cheese, reduced fat, grated

400g can red kidney beans, drained

1 carrot, grated

1 large handful baby spinach leaves

Olive oil cooking spray

## Salsa (optional):

2 medium tomatoes, diced

$\frac{1}{4}$  medium red onion, diced

1 tablespoon coriander, finely chopped

1 lime, juiced

## Method

LAY the tortillas on a clean surface. Spread with tomato salsa and sprinkle with cheese.

TOP half of each tortilla evenly with beans, grated carrot and spinach leaves. Fold in half.

HEAT a large non-stick frypan or an open sandwich toaster grill and grease with cooking spray.

ADD one filled tortilla and cook over a medium heat for about 3 minutes or until golden. Using a spatula, carefully turn and cook other side until golden. Remove from pan or toaster grill.

REPEAT the above step with remaining filled tortillas to make 4 quesadillas. Cool then cut each in half.

COMBINE salsa ingredients in a small bowl (optional).

SERVE quesadillas with salsa.



Everyday Food

*Recipe courtesy of the Country Kitchens team*