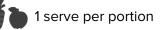
Quesadillas

Serves: 4 Prep time: 15 minutes Cook time: 25 minutes



Ingredients

4 multigrain tortillas
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 ¼ 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.

Recipe courtesy of the Country Kitchens team

