


Quesadilla for One

Serves: 1

Prep time: 15 minutes

Cook time: 5 minutes

 1 serve per portion

Ingredients

1 multigrain tortilla

2 tablespoons salsa

¼ cup tasty cheese, reduced fat, grated

¼ cup canned kidney beans, drained

¼ small carrot, grated

Small handful baby spinach leaves

Olive oil cooking spray

Salsa to serve (optional):

½ medium tomatoes, diced

⅓ medium red onion, finely diced

½ teaspoon coriander, finely chopped

¼ lime, juiced

Method

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

TOP half of the tortilla 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 filled tortilla and cook over a medium heat for about 2-3 minutes or until golden. Using a spatula, carefully turn and cook other side until golden. Remove from pan or toaster grill.

SERVE with salsa (optional).



Everyday Food

Recipe courtesy of the Country Kitchens team