

VEGGIE QUESADILLAS

Ingredients

- | | |
|--|---------------------------------|
| 8 (384g packet) multigrain tortillas | 1 cup (30g) baby spinach leaves |
| 1/3 cup tomato salsa | Olive oil cooking spray |
| 1 1/3 cups grated reduced fat tasty cheese | 1 avocado, peeled and chopped |
| 400g can no-added-salt red kidney beans, drained | 1 tablespoons lemon juice |
| 1 cup grated carrot | |
1. Lay 4 tortillas on a clean surface. Spread with tomato salsa and sprinkle with half the grated cheese.
 2. Top each one evenly with kidney beans, grated carrot and spinach leaves. Sprinkle with remaining grated cheese. Cover with the remaining 4 tortillas.
 3. Heat a large non-stick frying pan and grease with cooking spray. Add one filled tortilla, cook over a medium heat for about 3 minutes or until golden underneath. Using an egg slide, carefully turn and cook other side until golden. Remove from pan.
 4. Repeat step 3 with remaining filled tortillas to make 4 quesadillas. Cool then cut each into 6 wedges.
 5. Mash avocado with lemon juice in a small bowl. Serve with quesadillas if desired.



Adapted from Healthy Kids – An initiative of the NSW Ministry of Health.