



Pinto Bean Quesadillas



Where service *and savings* matter.

SERVINGS: 4

INGREDIENTS:

- 1 large head cauliflower
- 2 Tbsp Neufchatel 1/3 less fat cream cheese, softened
- 1/4 cup (1 oz) grated Parmesan
- 2 cloves garlic, minced
- 1/8 tsp chicken bouillon
- 1/2 tsp salt
- 1/8 tsp freshly ground black pepper
- 2 Tbsp Land O'Lakes light butter
- 1/2 tsp chopped fresh or dry chives, for garnish

NUTRITIONALS

Nutritional analysis per serving:
 calories 420, calories from fat 90,
 total fat 10g, saturated fat 2.5g,
 cholesterol 10mg, sodium 660mg,
 total carbohydrate 53g, dietary
 fiber 7g, sugars 6g, protein 24g,
 vitamin A 20%, vitamin C 15%,
 calcium 45%, iron 20%

DIRECTIONS:

1. Heat oven to 375°F. Place tortillas on ungreased cookie sheets. Spread each with 1/4 cup of bean dip. Sprinkle with cheese and onions.
2. Bake for 4 to 5 minutes or until thoroughly heated. Sprinkle lettuce and tomatoes over cheese. Fold each tortilla in half. Serve with salsa.

Source: Fast and Healthy Magazine

Hot Bean Dip

INGREDIENTS:

- 1-16 oz can Food Club pinto beans, drained
- 3 Tbsp water
- 1 Tbsp finely chopped onions
- 1 tsp minced jalapeno peppers
- 1/2 tsp salt
- 1/2 tsp ground cumin
- 1/2 tsp white wine vinegar

DIRECTIONS:

1. Combine pinto beans and remaining ingredients in a small saucepan. Mash beans slightly. Cook over low heat, 8 to 10 minutes or until thoroughly heated.
2. Use to make 8 quesadillas, or can be served warm with low fat tortilla chips.

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Shopping List

PRODUCE:

- 1 Onion
- 1 Jalapeno
- Green onions
- 1 Head green leaf lettuce
- 2 Tomatoes

DAIRY:

- 8 oz. Low fat shredded cheddar cheese

WHOLE GRAINS/ BREADS/PASTA:

- Whole wheat 6-inch tortillas

SPICES/SEASONINGS:

- Salt
- Ground cumin

GROCERY/FROZEN/ MISCELLANEOUS:

- 1-16 oz. Can Food Club pinto beans
- White wine vinegar
- Salsa

FOLD