

FULTON FRESH KITCHEN SCIENCE

Fiesta Quesadillas

A quick and easy dinner the entire family will enjoy!

SAFETY FIRST! Youth should always have parent supervision when preparing recipes. Make sure to wash your hands with warm soap and water for at least 20 seconds before preparing food or cooking..

INGREDIENTS

- 1 cup diced zucchini
- 1 cup diced red or green pepper
- 1 can pinto beans (15 ounces)
- 8 flour tortillas (soft taco size, about 7")
- 1 cup shredded cheddar or Colby Jack cheese made from 2% milk



For the Zesty Sauce: 1/2 cup plain nonfat yogurt + 2 tablespoons salsa

INSTRUCTIONS

1. Wash hands at least 20 seconds before cooking.
2. Rinse peppers and zucchini. Cut off the stem end of pepper and remove seeds. Chop pepper and zucchini into small pieces on a clean cutting board.
3. Put a colander in the sink. Pour beans into the colander and rinse.
4. Place one tortilla on a dinner plate and spread 1/8 of beans on one half of a tortilla. Mash beans with a fork. Top with 1/8 cup of the pepper and 1/8 cup of the zucchini. Sprinkle with 2 Tbsp of cheese. Repeat the process to make the remaining quesadillas.
5. Slide one quesadilla into a nonstick skillet or skillet sprayed with non-stick spray.
6. Cook on medium heat for 2-3 minutes or until the bottom of tortilla is crisp and light brown.
7. Fold plain side of tortilla over the side with vegetables using a pancake turner. Slide out of pan carefully onto a plate and cover with foil to keep warm. Cut in half.
8. Repeat with rest of tortillas. Serve with Zesty Sauce on the side.

SERVING SIZE

This recipe makes 8 servings. A serving size is one quesadilla.

Visit our website or social media channels for a follow-along video of how to prepare this recipe.

www.ugaextension.org/fulton

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What do you call a retired vegetable? A has-bean!

SUBSTITUTIONS

This recipe can easily be customized using your favorite veggies. Feel free to substitute or add onions, broccoli, or spinach. Pineapple is also a great addition to increase sweetness and flavor while adding nutrients.

DID YOU KNOW?

The lowly bean is nothing to ignore - they pack a nutritional punch in a small package! Did you know...

- Beans come from the same family (named legumes) as peanuts.
- Beans and some peas are considered both a vegetable and a protein food.
- Beans are high in protein, fiber, folate and potassium.

HEALTHY HABITS

It is recommended to go meatless at least one meal a week. Substituting beans in place of meat can be beneficial to your heart health!

GET MOVING!

Did you know that youth should participate in muscle strengthening exercises at least 3 days a week? Next time you go for a walk or are hanging out at home, grab a can of beans and safely start lifting!

Share a picture of your finished recipe with us on social media with the hashtag #localfoodmadefun.

This recipe is adapted from <https://foodtalk.org/recipes>.

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