

Black Bean and Spinach Quesadilla

Nutrition Message: This recipe is an excellent source of vitamins A and C and a good source of calcium, fiber and iron, which keeps eyes and skin healthy, gums and blood vessels healthy, bones and teeth strong, may help protect you against some diseases, and carries oxygen in our blood.

Ingredients:

- 1 pound ground turkey (7% fat) (or cubed turkey or chicken breast)
- 1 ½ teaspoons canola oil (or vegetable oil)
- 1 cup diced onion
- ½ cup diced red pepper
- 4 cups chopped spinach leaves (5 oz.)
- 1 cup low-sodium, canned black beans, rinsed and drained
- ¾ cup diced, canned tomatoes, low sodium
- 1 ½ Tablespoon salsa
- 1 teaspoon chili powder
- 1 teaspoon garlic, minced
- 1 teaspoon cumin powder
- ½ teaspoon black pepper
- ¼ teaspoon celery seed
- 1 cup (4 ounces) grated mozzarella (low-moisture, part-skim) cheese
- 6 8” whole wheat tortillas

Directions:

1. Brown the turkey in the oil in a saucepan or skillet.
2. Remove from the saucepan or skillet.
3. Add and cook onions and peppers until the onions are translucent (almost clear). Stir often. Add 2 Tablespoons water, if needed, to prevent sticking (not more oil).
4. Add spinach and cooked turkey. Heat until the spinach wilts.
5. Add beans, tomatoes, salsa and spices.
6. Heat until it bubbles, stir occasionally and simmer for about 10 minutes.
7. Preheat oven to 375°F.
8. Assembly: Place 1 to 3 tortillas on a greased baking sheet. To each add 3 Tablespoons cheese, spread 1/3 of mixture, add 2 Tablespoons cheese, and top with 1 tortilla. To prevent top tortillas from curling during heating, cover with another baking sheet that is greased on the bottom.
9. Bake for 10 minutes. Cool slightly before cutting.
10. Cut in 6 pieces and serve 2 pieces to each person.

Tips: Divide cheese in 3 equal piles, one pile for each quesadilla. Put ½ on the bottom of the mixture and ½ on the top.

Nutrition Facts	
Serving Size 1/3 quesadilla (187g)	
Servings Per Container 9	
Amount Per Serving	
Calories 230	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 420mg	18%
Total Carbohydrate 23g	8%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 18g	
Vitamin A 40%	• Vitamin C 35%
Calcium 15%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Yield: 9 servings