Healthy Recipes

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
¼ cup diced red pepper
4 cups chopped spinach leaves (5 oz.)
1 cup low-sodium, canned black beans, rinsed and drained
½ 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.
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

<table>
<thead>
<tr>
<th>Serving Size: 1/3 quesadilla (187g)</th>
<th>Servings Per Container: 9</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
<td></td>
</tr>
<tr>
<td>Calories: 230</td>
<td>Calories from Fat: 8</td>
</tr>
<tr>
<td>% Daily Value % Daily Value</td>
<td></td>
</tr>
<tr>
<td>Total Fat: 9g</td>
<td>14%</td>
</tr>
<tr>
<td>Saturated Fat: 3g</td>
<td>15%</td>
</tr>
<tr>
<td>Trans Fat: 0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol: 35mg</td>
<td>12%</td>
</tr>
<tr>
<td>Sodium: 420mg</td>
<td>18%</td>
</tr>
<tr>
<td>Total Carbohydrate: 23g</td>
<td>8%</td>
</tr>
<tr>
<td>Dietary Fiber: 4g</td>
<td>16%</td>
</tr>
<tr>
<td>Sugars: 2g</td>
<td></td>
</tr>
<tr>
<td>Protein: 18g</td>
<td></td>
</tr>
</tbody>
</table>

Yield: 9 servings

2012 Hyde G, Cluskey M, Frank E, Jobe P, Tweeten D. Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, marital status, national origin, race, religion, sex, sexual orientation, or veteran’s status. Oregon State University Extension Service is an Equal Opportunity Employer.