

## Quesadillas

**Serves:** 8

**Prep time:** 15 minutes

**Cook time:** 25 minutes



1 serve per portion

### Ingredients

8 multigrain tortillas

1/3 cup tomato salsa

1 1/3 cups tasty cheese, reduced fat, grated

400g can red kidney beans, reduced salt, drained

1 cup carrot, grated

1 cup baby spinach leaves

Olive oil cooking spray

1 avocado, peeled and chopped

1 tablespoon lemon juice

### *Salsa (optional)*

1 medium tomato, diced

1/2 medium red onion, diced

1 medium red capsicum, sliced

1 lime, juiced

### Method

LAY the tortillas on a clean surface. Spread with tomato salsa and sprinkle with the cheese.

TOP half of each tortilla evenly with beans, grated carrot and spinach leaves. Fold in half.

HEAT a large non-stick frypan or an open sandwich toaster grill and grease with cooking spray.

ADD one filled tortilla and cook over a medium heat for about 3 minutes or until golden. Using a spatula, carefully turn and cook other side until golden. Remove from pan or toaster grill.

REPEAT the above step with remaining filled tortillas to make 8 quesadillas. Cool then cut each in half.

MASH avocado with lemon juice in small bowl.

COMBINE salsa ingredients in separate small bowl (*optional*).

SERVE quesadillas with avocado and salsa.



Everyday Food

*Recipe courtesy of the Country Kitchens team*