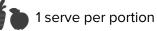
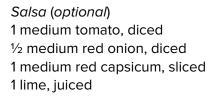
Quesadillas

Serves: 8 Prep time: 15 minutes Cook time: 25 minutes



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



Everyday Food

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.

Recipe courtesy of the Country Kitchens team



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