



Growing connections to fresh food.

Fresh Vegetable Quesadilla

Inspired by allrecipes.com's "Farmer's Market Vegetarian Quesadilla"

Ingredients:

- 1 (15-ounce) can cannellini (or other) beans, drained and rinsed
- Salt and pepper
- 1 red bell pepper, chopped
- 1 zucchini or yellow squash, chopped
- 1/2 cup salsa or pico de gallo
- 1 tablespoon oil
- 12 corn or wheat tortillas
- Optional garnishes: fresh cilantro, sour cream, sliced avocado

Method:

1. Place beans in a medium bowl and mash with fork to desired consistency. Season with salt and pepper to taste.
2. In a large saucepan, sauté vegetables in oil over medium heat for 7 minutes, until tender. Remove vegetables from pan, leaving some oil.
3. Place tortilla in pan. Divide bean mixture, salsa and vegetables evenly among half the tortillas, and top with second tortilla. Cook until golden on both sides, 2 to 3 minutes per side. Repeat for all quesadillas. Cut each quesadilla into quarters. Enjoy!

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