

Veggie bean quesadillas

Ingredients

- 1 red pepper
- 1 yellow pepper
- 1 tbsp coriander leaves
- 100g Cheddar (30% less fat)
- Spray oil
- 2 x cans (400g) mixed beans
- 100ml water
- Quesadilla spice mix
- 8 wholemeal tortillas
- Tomato salsa

Equipment

- Vegetable knife, chopping board, grater, frying pan, spoon, spatula.

Method

1. Prepare the ingredients;
 - deseed and chop the peppers
 - chop the coriander leaves;
 - grate the cheese.
2. Add a few squirts of oil to the frying pan and heat. Add the peppers and cook for 2-3 minutes.
3. Drain the beans and add to the frying pan with 100ml water and the quesadilla spice mix.
4. Simmer for 2-3 mins, then add the coriander. Place in a bowl.
5. Heat the frying pan again, on a low-to-medium heat, adding a few squirts of oil. (*If using a non-stick pan, you may not need any additional oil.*)
6. Add a tortilla and spread over a spoon of salsa.
7. Spoon over a quarter of the bean mixture and sprinkle over some cheese.
8. Place another tortilla over on top.
9. Press down with a spatula until the cheese starts to melt. (*You may wish to flip over the quesadilla and cook on the other side – use a plate to help.*)
10. Repeat with the other tortilla – slice into wedges and serve.

Cooking healthier

We've swapped white tortillas for wholemeal tortillas, and regular Cheddar for reduced fat Cheddar, plus we've added extra peppers. We've also reduced the amount of oil by using a spray oil. By doing this it's saved 111 calories, 10g fat and 5.4g saturated fat, plus added 3g fibre, per portion (compared to the standard recipe).

This recipe has provided by [Old El Paso](#), and adapted by the British Nutrition Foundation for Healthy Eating Week.