



## Healthy Recipe



### QUESADILLA

6	whole wheat tortillas	1 tsp	dried oregano
2 cups	shredded lowfat cheddar cheese	1 tsp	dried spices (cumin, chili powder, garlic powder)
1 cup	<b>RI-grown</b> corn, cut from cobs OR frozen		sliced jalapenos, if desired
1	15.5 oz can black beans, drained & rinsed	to taste	
3 cups	<b>RI-grown</b> fresh or frozen vegetables, such as peppers, onions, broccoli, etc.		

1. Thaw and drain any frozen vegetables and be sure they are dry. Combine in bowl and warm in Microwave for two minutes. Add oregano and other spices and stir to combine.
2. Heat non-stick skillet on medium-high heat. Place tortilla in skillet and sprinkle with a handful of shredded cheese.
3. Add 2 tablespoons of black beans and 1/2 cup of vegetable mixture to half of the tortilla. Add jalapeno peppers if desired.
4. When cheese has melted, turn the undressed half of the tortilla over the vegetable dressed half.
5. Remove from pan to cutting board. Let cool for a minute to let cheese set, then cut into 3 pieces. Serve with salsa if desired.

## Nutritional Information

**Per serving (6 servings in recipe):**

Calories:	290	Vitamin A:	20%
Cal from Fat:	50	Vitamin C:	80%
Total Fat:	6 g	Calcium:	20%
Saturated Fat:	1.5 g	Iron:	15%
Cholesterol:	10 mg		
Sodium:	560 mg		
Carbohydrates:	42 g		
Fiber:	7 g		
Sugar:	5 g		
Protein:	18 g		

Percent Daily Values are based on a  
2000 calorie-per-day diet

**GET FRESH.  
BUY LOCAL.**

Your purchase of  
RI grown and raised foods

**SUPPORTS**

the local economy,

**HELPS**

to preserve open space

and **CONTRIBUTES**

to a  
sustainable food system.

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