

ZUCCHINI QUESADILLAS

Modified from FoodTalk.org



These tasty quesadillas rely on zucchini and spinach for color, flavor & nutrition. Mashing the beans helps it be more crowd pleasing, even for people who aren't crazy about beans! We've reduced the sodium and increased the fiber by choosing corn tortillas over flour. Using 2% milk cheese also reduces saturated fat and measuring it saves you money!



Ingredients

- 1 cup plain, nonfat yogurt
- ¼ cup salsa*
- 2 teaspoons oil
- 2 small zucchini, shredded
- 5 ounces fresh baby spinach,
- 16 oz. can no added salt pinto beans*
- 1-2 teaspoons water
- ½ teaspoon ground black pepper
- Non-stick cooking spray
- 8 white corn tortillas* (soft taco size, about 5.5")
- 4 ounces 2% shredded Cheddar cheese
- Optional: Mexican-inspired spices like garlic, cumin, cayenne pepper, oregano

Directions

1. Make Zesty Sauce by mixing yogurt and salsa in a small bowl. Refrigerate.
2. In a colander, rinse pinto beans. Drain and smash with a fork or potato masher.
3. Wash zucchini and trim ends and any bad spots. Shred with a grater.
4. In a large skillet over medium heat, heat oil. Add zucchini & spices, if using. Cook until soft, about 5 minutes.
5. While cooking, tear or cut spinach into small pieces. Add to pan, cover & cook until tender, stirring occasionally, about 3 minutes.
6. Add smashed beans, water, and black pepper. Mix to make a veggie-bean paste. Remove mixture to bowl.
7. Wipe skillet if needed. Spray skillet with non-stick spray to help with browning. Working in batches, place 2-3 tortillas in a skillet, divide veggie-bean mixture evenly and spread on half of each tortilla. Sprinkle 1 tablespoon cheese over top of each tortilla. Fold tortillas. Press lightly with a spatula to flatten.
8. Cook on each side about 2 minutes or until heated through. Repeat until all quesadillas are cooked. Serve hot with Zesty Sauce and hot sauce (if desired).

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