



**NUTRITION
MONTH 2023**

Recipes for Simple, Nutritious
Sustainable Meals

Black Bean Sheet Pan Quesadillas

Craving quesadillas? No need to head to a restaurant. This black bean quesadilla is simple to make, super tasty and cooks on a sheet pan for quick dinner clean up. Serve with a drizzle of yogurt lime crema and a tangy cabbage slaw.

INGREDIENTS

Prep Time: 15 min
Baking Time: 14 min
Makes 4 servings

Yogurt Lime Crema:

½ cup (125 mL) plain 2% Greek Yogurt
½ tsp (2 mL) lime zest
1 tbsp (15 mL) fresh lime juice
1 tbsp (15 mL) minced jalapeño or to taste
1 small clove garlic, minced
Pinch salt

Quesadillas:

4 small whole wheat tortillas (approx. 7-inches/18 cm)
½ tsp (2 mL) canola oil
1 ½ cups (375 mL) canned drained & rinsed black beans
½ cup (125 mL) diced sweet red pepper
2 green onions, thinly sliced
½ tsp (2 mL) lime zest
1 tbsp (15 mL) fresh lime juice
1 ½ tbsp (22 mL) minced jalapeño or to taste
1 small garlic, minced
¼ tsp (1 mL) each chili powder and ground cumin
½ cup (125 mL) each shredded Mozzarella & Cheddar cheese

PREPARATION

1. Yogurt Lime Crema: In small bowl, combine yogurt, lime zest and juice, jalapeño, garlic, and salt. Cover and refrigerate until ready to serve.
2. Quesadilla: Preheat oven to 425°F (220°C). Brush one side of each tortilla with oil; place oiled side down on large nonstick baking sheet.
3. In medium bowl, with fork or potato masher coarsely mash half of the beans, stir in remaining beans, red pepper, onions, lime zest and juice, jalapeño, garlic, chili powder and cumin.
4. Divide Mozzarella cheese over one half of each tortilla. Top with bean mixture and Cheddar cheese, dividing equally. Fold unfilled half of tortilla over bean mixture; press together firmly. Bake for 8 minutes. Flip; bake for 6 minutes or until crisp. Cut in wedges. Serve with Lime Crema.

FOR YOUR HEALTH

According to Health Canada, milk, and cheese, as well as kefir and yogurt, are among the very few foods that provide an efficient way to meet calcium needs due to their high calcium content.

FOR THE ENVIRONMENT

One way to minimize your impact on the environment is to cook at home, making your meals using less processed, nutrient-rich ingredients like those found in this quesadilla.

YOUR DIETITIAN:

Name: Organization:
Contact:

Dietitians can help you unlock the potential of food for simple, nutritious, sustainable meals. As regulated health care professionals, dietitians use their specialized food and nutrition knowledge and skills to translate science into trusted healthy living advice for all Canadians.

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