

Bean Recipe

Oven/Microwave

Quesadillas



| Ingredient | Approx. Cost* |
|-----------------------------|----------------------|
| 1 can of black beans, 15 oz | \$0.99 |
| 1 jar of salsa, 16 oz | \$2.29 |
| Seasonings: cilantro, cumin | \$0.50** |
| 1 package of soft tortillas | \$4.99 |
| Total | \$8.77 |

of servings: 6 Cost per serving: \$1.46

*Based on Peapod's on-line pricing as of 2/09.

**Condiments and spices are calculated as a 25 cent estimate each time they are used.

Directions: Mix the ingredients except tortillas and cheese. Spread on tortillas and top with cheese. Top with second tortilla.

Option 1: Microwave until cheese is melted.

Option 2: Bake on cookie sheets at 350 degrees for about 10 minutes or until cheese is melted.

Nutritional Information per Serving:

| | |
|----------------------|------------|
| Calories | 326 |
| Total Fat | 6g |
| Saturated Fat | 1g |
| % of daily total | 5% |
| Carbohydrates | 57g |
| Protein | 13g |
| Fiber | 9g |

| | | % of daily total |
|---------------------------|--|------------------|
| Vit A | | 2% |
| Vit C: | | 2% |
| Calcium: | | 13% |
| Iron | | 23% |
| Good source of* | Calcium, Iron, Magnesium, Potassium, Zinc and B vitamins | |
| *(10% or more of the RDA) | | |

based on 2000 calorie diet

