

White Bean Quesadilla

Servings: 1

RECIPE BOX

INGREDIENTS

1/2 WHITE ONION
1 CAN WHITE BEANS, DRAINED AND RINSED
1 TSP EVOO
2 TBSP CHEESE
1 CORN TORTILLA OR WHOLE WHEAT
TORTILA OF CHOICE



DIRECTIONS:

STEP 1: In a large skillet add EVOO, onions, and beans. Cook until soft.

STEP 2: Remove from skillet and roughly mash with a fork

STEP 3: Place mix in quesadilla, sprinkle with cheese, wrap and enjoy

GF This recipe is gluten free as written.

V This recipe is vegetarian as written.

Nutrition per Serving: Calories 235; Carbs 26.14g; Fiber 3.1g; Sugars 10.8g; Fat 11.82g; Protein 7.77g

moms into fitness
& nutrition