

White Bean and Spinach Quesadillas



SERVES: 4



TOTAL TIME:
15 minutes



ESTIMATED COST:
\$5

INGREDIENTS

- 1 can white beans (cannellini or Great Northern), drained and rinsed,
- 2 cups fresh or frozen spinach, wilted and squeezed dry,
- 1 1/2 cups shredded Monterey Jack or mozzarella,
- 1/2 tsp garlic powder,
- 1/4 tsp cumin,
- 8 flour tortillas,
- Butter or oil for the pan,
- Salsa and sour cream for dipping

INSTRUCTIONS

- 1 Mash beans roughly with a fork. Mix in wilted spinach, cheese, garlic powder, and cumin.
- 2 Spread the mixture over four tortillas and top each with another tortilla.
- 3 Cook in a lightly buttered skillet over medium heat for 2 to 3 minutes per side until golden and crispy.
- 4 Slice into wedges and serve with salsa and sour cream.

