Dinner

Crispy pinto bean quesadillas

A crisp pan-toasted tortilla stack filled with a hearty mash of pinto beans, peas and fresh vegetables, spiced with cumin, oregano and mild chilli.

15 min	371	49.9 g	7.5 g
time	calories	carbs	sugars



Low sugar

Ingredients, 2 servings

- [ ] 2 wholemeal tortillas
- [ ] 1 tbsp almond butter
- [ ] half tin pinto beans, roughly mashed
- [ ] 1 tbsp tomato puree
- [ ] 80 g frozen peas, defrosted and roughly mashed
- [ ] half tsp ground cumin
- [ ] half tsp oregano
- [ ] half tsp mild chilli powder
- [ ] 2 spring onions, finely chopped
- [ ] 1 tomato, finely chopped
- [ ] half green pepper, finely chopped
- [ ] 1 tbsp fresh coriander, roughly chopped, plus a little to serve
- [ ] 1 tbsp finely chopped red onion, to serve

Method

- [ ] 1 Spread both wholemeal tortillas lightly with almond butter.
- [ ] 2 Stir the roughly mashed pinto beans, tomato puree, defrosted mashed frozen peas, ground cumin, oregano, mild chilli powder, spring onions, chopped tomato, green pepper and fresh coriander together in a bowl until well combined.
- [ ] 3 Spread the bean mixture over one tortilla and press the second tortilla on top.
- [ ] 4 Set a non-stick pan over a low heat with no oil and cook the stacked tortillas until the underside turns browned and crisp, 3-5 minutes.
- [ ] 5 Flip the quesadilla over carefully and cook the other side for 3-5 minutes more.
- [ ] 6 Slide onto a board, slice into wedges and scatter with the red onion and the reserved coriander.

Nutrition Facts

Per serving

Calories	**371**
Total fat	8.6 g
Saturated fat	2 g
Sodium	Not listed
Total carbs	49.9 g
Fiber	12.9 g
Total sugars	7.5 g
Protein	17 g

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