

Butternut Squash and Cannellini Bean Quesadilla

Yield: 6 servings

Ingredients

1½ cups butternut squash puree
(see recipe)
1 clove garlic, minced
1 (15 ounce) can cannellini
beans, low sodium, canned,
rinsed, drained (juice reserved)
2 teaspoons cumin, ground
½ teaspoon oregano, dried
¼ teaspoon kosher salt
Ground black pepper to taste
1 teaspoon olive oil
2 tablespoons cilantro, fresh,
chopped
12 small corn tortillas
6 tablespoons cheddar cheese,
low fat

Instructions

1. Preheat oven to 400 degrees.
2. Prepare a sheet pan lined with foil and lightly spray with cooking spray. Place butternut squash on pan and bake 30 minutes or until soft.
3. Puree squash with milk in blender until smooth. Set aside.
4. In a bowl, toss garlic, beans, cumin, oregano, salt and pepper.
5. Heat oil in the pan over medium heat. Add the bean mixture to the pan. Cook for 1 to 2 minutes. Add half of the reserved bean liquid. Allow to cook until slightly thickened, about 2 minutes. Remove from heat and stir in cilantro.
6. Lay corn tortillas on flat surface. Top with ¼ cup of butternut squash puree and ¼ to ½ cup of cannellini bean mixture each.
7. Sprinkle cheese on top of mixture and top with another corn tortilla and press gently.
8. Place quesadillas in a single layer on a pan sprayed sheet tray. Bake in oven until cheese is melted and outside is crisp, about 5 to 8 minutes. Serve warm.

Nutrition Information

Serving Size: 1 quesadilla

Calories: 258
Total Fat: 5 g
Saturated Fat: 2 g
Monounsaturated Fat: 0 g
Sodium: 195 mg
Total Carbohydrate: 45 g
Dietary Fiber: 6 g
Sugars: 3 g
Protein: 11 g

Source: Health Meets Food



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