

Heart Healthy Quesadillas

Ingredients

1 tablespoon olive oil
1 small onion chopped
1 carrot, thinly sliced
¼ cup red cabbage, chopped
1 cup packed spinach leaves, chopped
1 tablespoon fresh parsley, chopped
½ teaspoon ground cumin
¼ teaspoon chili powder
6 pitted black olives, rinsed (reduces salt) and finely chopped (2 tablespoons)
1 cup canned black beans, rinsed and drained
2 (6- to 8-inch) 100% whole wheat flour or corn tortillas
2 tablespoons finely crumbled feta cheese
2 tablespoons prepared salsa



Directions

Heat oil in large nonstick skillet over medium heat. Add onion and cook 3 minutes. Add carrot and red cabbage and continue cooking 3 minutes. Add spinach, parsley, cumin, chili powder, olives, and beans. Cook 3 minutes.

Coat a nonstick skillet with cooking spray and place over medium-high heat. Add 1 tortilla and cook until golden brown on bottom. Turn and fill with half of vegetable mixture, 1 tablespoon of cheese on each, and 1 tablespoon of salsa. Use a large spatula to fold tortilla over filling. Cook 2 minutes or until heated through.

Transfer to a serving plate and repeat with remaining ingredients to prepare second quesadilla. Makes 2 servings.

Nutrition Facts

Per Serving

Calories: 393 | Fat: 14.8g | Sodium: 568ml | Carbs: 51g |
Fiber: 9.6g | Sugar: 9.3g | Protein: 12.7g | Potassium: 270mg