



## HARVEST OF THE MONTH

**Ingredient:** Beets

# Go, Grow, Glow Quesadillas

PREP TIME: 5 minutes  
COOK TIME: ~ 6 minutes  
TOTAL TIME: ~ 10 minutes  
SERVINGS: 1 quesadillas  
AUTHOR: Alyssa Rivers

### INGREDIENTS

2 8" flour tortillas (Go food - grain)  
¼ cup black or pinto beans, canned, drained, rinsed (Grow food - protein)  
¼ cup cheddar or jack cheese (Grow food - dairy)  
½ cup added fruit/ veggies of your choice (Glow food - fruits and vegetables)  
ex: pumpkin puree, spinach, beet greens, tomatoes, avocado, bell pepper, cilantro, corn

### INSTRUCTIONS

1. Heat a non-stick skillet on the stove over medium heat.
2. Add beans, cheese, and fruit and veggies (cut to desired sizes - diced or strips) to one tortilla. Place the other tortilla on top.
3. Slide quesadilla onto the skillet and cook until the bottom starts to brown, about three minutes. Flip onto the other side to cook 3 minutes more.
4. Cut in half, let cheese cool a little, and enjoy!