



HARVEST OF THE MONTH

Ingredient: Pulses

Lentil Quesadillas

PREP TIME:	10 minutes
COOK TIME:	40 minutes
TOTAL TIME:	50 minutes
SERVINGS:	4 quesadillas
AUTHOR:	Adapted from FoodCorps

INGREDIENTS

2 cups of water
½ cup green lentils
¼ cup veggie of choice, like corn, spinach, or peppers
⅛ tsp salt
8 6' whole wheat tortillas
1 cup shredded cheddar cheese
¼ tsp olive oil
2 tablespoons of salsa (optional)

INSTRUCTIONS

1. Rinse the lentils in a strainer.
2. Add lentils and water to a medium sized pot and bring to a boil.
3. Once boiling, turn the heat to medium-low, cover and cook until tender, about 20 minutes. Drain.
4. Add lentils to a bowl. Add salt and salsa (if using) and mix.
5. Heat a large skillet on medium heat.
6. Brush one tortilla with some oil and place it on the skillet.
7. Add ¼ cup of cheese, 1½ tbsp of lentils, and about 1 tbsp of corn or chopped veggies to the up-side of the tortilla and top with the second tortilla.
8. Brush the top-side of the second tortilla in oil.
9. Repeat steps 6-8 for all 4 tortillas.
10. Cook on each side about 3 minutes, or until the cheese is melted and both sides of the quesadillas are golden brown.
11. Cut in half or into 4th's and enjoy! Some suggested garnishes include: avocado slices, more salsa, cilantro, sour cream.