

## Veggie Quesadillas

### Ingredients

Nonstick cooking spray  
1 tablespoon olive oil  
½ teaspoon salt  
1/8 teaspoon pepper  
1/8 teaspoon chili powder  
½ cup canned navy beans, drained and rinsed  
½ cup reduced-fat sour cream  
½ cup butternut squash puree  
½ cup reduced-fat shredded cheddar cheese  
4 (8-inch) whole wheat tortillas  
½ cup salsa



	Per Serving
<b>Calories</b>	<b>228</b>
<b>Protein</b>	<b>2.1 g</b>
<b>Fiber</b>	<b>2 g</b>
<b>Total Fat</b>	<b>0.4 g</b>
<b>Iron</b>	<b>1.9 mg</b>
<b>Calcium</b>	<b>17.5 mg</b>
<b>Vitamin A</b>	<b>50 mcg</b>

### Directions

Preheat oven to 400 degrees. Coat a large baking sheet with cooking spray. In a small bowl or mini-chopper, mash the beans with the sour cream. In another bowl, stir together the butternut squash puree, cheese, salt, pepper, and chili powder. Spread the bean mixture over two of the tortillas, then spread the cheese mixture over the other two tortillas and press one of each together to form sandwiches. Place on the baking sheet and bake until the tortillas are crisp, 5 to 6 minutes. Cut into wedges and serve with salsa. Yield: 4 servings

Ideas: Try adding other vegetables like onion, pepper, eggplant, broccoli, or corn. Tofu can also be added.



**Healthy Eating Tip:** This recipe uses multiple WIC foods. This is a great way to sneak in pureed vegetables.