

Black Bean & Zucchini Quesadilla


Food Groups:

Grains

Dairy

Vegetables

Protein

 1/4 cup canned black beans, rinsed

 1/4 cup grated zucchini

 2 tablespoons salsa

 2 tablespoons grated low-fat cheese (cheddar **OR** Monterey Jack)

1 (10-inch) whole wheat tortilla **OR** 2 small corn tortillas

1. Wash your hands.
2. Open can of black beans, place in strainer and rinse. Measure out ¼ cup of beans and place in bowl.
3. Cut end off zucchini and grate ¼ cup. Add zucchini to black beans.
4. Measure 2 tablespoons of salsa and add to zucchini and black beans. Stir.
5. Place one tortilla on a plate and add bean mixture on half of tortilla. Sprinkle with 2 tablespoons of cheese over black beans. Fold tortilla.
6. Place in microwave for 1 minute.
7. Transfer quesadilla to cutting board and cut into 4 pieces.

Makes 1 serving

Fruit Kabobs with Yogurt Dip

Food Groups:
Protein
Fruit

1 cups assorted fruit (some ideas: strawberries, bananas, pineapple, watermelon, cantaloupe, grapes, etc.)

 1/4 cup vanilla yogurt, low-fat/non-fat Greek

 1 teaspoon honey

2 pinches of cinnamon

Wooden skewers

1. Wash your hands.
2. If fruit is large, cut into chunks. Thread fruit onto wooden skewers.
3. Mix together yogurt, honey and cinnamon. Place into cup and serve with fruit kabobs.
4. (Option: If you don't have skewers, mix the fruit together and then spoon the yogurt sauce over the fruit salad.)

Makes 2 servings

Grocery List

- Can of Black beans
- Zucchini
- Salsa
- Low-fat cheese, grated (Monterey Jack **OR** Cheddar)
- Whole Wheat Tortilla (10-inch) OR 2 small corn tortillas
- Fresh Fruit (your choice – see recipe for some ideas)
- Honey
- Cinnamon
- ¼ cup vanilla Greek yogurt (low-fat/non-fat)
- Wooden Skewers

Equipment List

- Microwave
- Plate
- Strainer
- Grater
- Cutting Board
- Cutting Knife
- Spoon for stirring
- Measuring cups
- Measuring spoons
- Medium mixing bowl
- Plate and small bowl to serve fruit kabobs
- Wooden Skewers (or can put fruit in a bowl)