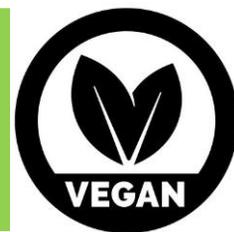


Vegan Quesadillas

Recipe recommended by ANISSA LEE
Nutrition Student @ University of Nottingham



MACRONUTRIENT VALUES PER 100G

| Nutritional values per 100g | | |
|-----------------------------|----------|-----|
| | PER 100G | %RI |
| Energy (kj) | 758kj | 9% |
| Energy (kcal) | 181kcal | 9% |
| Fat | 6.5g | 9% |
| of which saturates | 3.7g | 19% |
| Carbohydrate | 23g | 9% |
| of which sugars | 3.2g | 4% |
| Fibre | 4.3g | 17% |
| Protein | 5.5g | 11% |
| Salt | 0.96g | 16% |

Generated by Nutritics v5.61 on 23/08/2022

INGREDIENTS: (Serves 4 - 382kcal per 211g serving)

- 1 Tablespoon Oil, olive
- 60g Onion, white, diced
- 160g Bell pepper, seeds removed, diced
- 1 Teaspoon Cumin, powder
- 1 Teaspoon Chilli, powder
- 240g Beans, black, canned, drained*
- 268g Tortilla, wheat, soft (**GLUTEN**) or Corn Tortillas
- 100g Vegan cheese (**GLUTEN**)

OPTIONAL EXTRAS:

METHOD:

1. Heat oil in a large rimmed skillet over medium heat. Once hot, add onion and sauté until softened and translucent, about 3 minutes. Add bell pepper and continue to cook until slightly softened and brightened in colour, about 5 minutes. Add salt, cumin, chili powder, and black beans, and mix to evenly distribute.
2. Add the cheese to the bean/vegetable mixture and stir to combine. Turn off the heat and set aside.
3. Heat a cast iron or non-stick skillet over medium heat and place a tortilla in the pan. After around 1 minute, the tortilla should be warm and pliable. Spread ~1/4 of the quesadilla filling over half of the tortilla then fold the tortilla over to enclose the filling. Let the quesadilla cook until golden and slightly crispy on the underside, about 2 minutes. Flip and cook until the second side is also golden and crispy.
4. Transfer quesadilla to a plate, and repeat the process with the remaining tortillas and filling. Slice into triangles and serve!

ALLERGENS



GLUTEN

MODIFY

*black beans can be substituted with other beans or chickpeas

Switch wheat tortilla for corn for gluten-free tortillas NB. Note many vegan cheeses contain gluten

CREDIT

Recipe by: Minimalist Baker
Photo by: Minimalist Baker

