

Vegan Quesadillas

Recipe recommended by ANISSA LEE
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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

