

Vegetarian Quesadillas (with Salsa)

- 50 mL chickpeas, drained
- 50 mL black beans, drained
- 1/4 packet fajita seasoning
- 1 teaspoon vegetable oil (5 mL)
- ½ green bell pepper, diced
- ½ red bell pepper, diced
- 1/4 onion, chopped
- ½ cup frozen corn (125 mL)
- 4 flour tortillas (1 per person)
- 100 grams shredded Monterey Jack cheese

1. Mix beans with fajita seasoning in a medium glass bowl.
2. Heat the oil in a large saucepan over medium heat (#5-6). Stir in the green bell peppers, red bell peppers, onion, and bean mixture. Cook and stir until the vegetables have softened, about 7-10 minutes. Add frozen corn and cook for another 3 minutes. Check that beans are soft before removing from the pan.
3. Divide the bean and vegetable mixture into EQUAL portions (place each portion into a white soup bowl) so that each group member gets **the same amount**.
4. Layer half of each tortilla with the bean and vegetable mixture, then sprinkle with the cheese. **Carefully fold the tortillas in half** and using the same baking sheet, place all quesadillas in a row.
5. Bake quesadillas in the oven until the cheeses have melted, about 10 minutes.
6. Cut each tortilla into three pie-shaped wedges and serve with salsa.

****Tip: Using aluminum foil on the baking sheet can help to keep food moist, cook more evenly, and help to make clean-up easier!*

Homemade Salsa

200 mL canned diced tomatoes
¼ small onion, diced
25 mL green pepper, diced (reserved from quesadilla recipe)
5 mL garlic powder
25 mL tomato paste
15 mL vinegar
10 mL sugar
1 mL salt
2 mL dried red pepper flakes



1. Put canned tomatoes, onion, green pepper, and garlic powder into a small pot and bring to a **boil** over med-high heat (#6). Stir occasionally with a wooden spoon to keep from burning.
2. Reduce heat to LOW (#2-3) and add all (5) remaining ingredients.
3. Continue to stir and simmer **UNCOVERED** for about 20 minutes (until thickened).