

Time for a main meal

Black Bean Quesadillas



Ingredients:

- 1 15-ounce can black beans, rinsed
- ½ cup shredded Monterey Jack cheese, preferably pepper Jack
- ½ cup prepared fresh salsa (see Tip), divided
- 4 8-inch whole-wheat tortillas
- 2 teaspoons canola oil, divided
- 1 ripe avocado, diced

Combine beans, cheese and ¼ cup salsa in a medium bowl. Place tortillas on a work surface. Spread ½ cup filling on half of each tortilla. Fold tortillas in half, pressing gently to flatten.

Heat 1 teaspoon oil in a large nonstick skillet over medium heat. Add 2 quesadillas and cook, turning once, until golden on both sides, 2 to 4 minutes total. Transfer to a cutting board and tent with foil to keep warm. Repeat with the remaining 1 teaspoon oil and quesadillas. Serve the quesadillas with avocado and the remaining salsa.

Per serving: 375 calories; 16 g fat (4 g sat); 10 g fiber; 45 g carbohydrates; 13 g protein; 89 mcg folate; 13 mg cholesterol; 6 g sugars; 0 g added sugars; 182 IU vitamin A; 7 mg vitamin C; 241 mg calcium; 3 mg iron; 608 mg sodium; 486 mg potassium

Nutrition Bonus: Calcium (24% daily value), Folate (22% dv)

Carbohydrate Servings: 3

Exchanges: 2½ starch, 1½ lean meat, 2 fat

Or just fancy a snack

Crackers with Chocolate Hazelnut Spread and Banana



Ingredients:

- 2 Crisp Bread Crackers
- 1 tablespoon of Chocolate-Hazelnut Spread
- 1 banana, sliced

Evenly spread the two crackers with ½ a tablespoon of Chocolate-Hazelnut spread. Top with slice banana and enjoy.

Nutrition: 214 Calories, 6g Fibre

4g Protein, 7g Fat