

Cooking with Amanda – Lentils and Beans

Class 7 – White Bean “Cheesy” Quesadillas with crudities

Ingredients

- 1 15oz can small white beans (not Great Northern or Cannellini beans) or 1.5 cups cooked beans
- ½ cup roasted red peppers, packed in water
- 2 tablespoons nutritional yeast flakes or powder
- 1 tablespoon tahini (sesame paste)
- 1½ tablespoons lemon juice
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- 1 teaspoon paprika
- ½ teaspoon mustard of your choice (optional)
- ½ teaspoon salt (if not using canned beans)
- ½ cup salsa
- ¼ cup fresh cilantro, chopped (to taste)
- 8 whole grain tortillas

Directions

Drain and rinse beans, if using canned. Place beans and other ingredients, except salsa and cilantro, into food processor. Process until smooth. Transfer spread into a separate bowl, and stir in the salsa and cilantro.

Spread mixture generously to cover 4 tortillas. Place in a hot dry skillet and cover with a second tortilla. Heat until slightly browned, then flip over and slightly brown the second side. Remove to a cutting board and cut into 6 wedges with a pizza cutter. Serve hot.

Crudities

Any of the following vegetables can be enjoyed as slices or sticks, raw. Dip in hummus or a black bean dip.

- Baby carrots (or large carrots cut into 2” sticks)
- Celery sticks
- Red or orange pepper sticks
- Zucchini sticks
- Jicama sticks
- Snow or snap peas

Black Bean Dip – Add 1.5 cups cooked (or canned and drained) black beans and 1 cup salsa to a food processor or blender. Blend until smooth.