



MAWNAN'S MEXICAN QUESADILLA

Vegetarian main dish: This recipe provides a portion of starchy food. It counts towards the standard to provide a portion of starchy food every day.

Recipe adapted from: Eden Foodservice (dish created, developed and evaluated by pupils)

Ingredients

120g onions, peeled, finely diced
100g mixed peppers, deseeded, finely diced
25ml vegetable oil
20g (5 cloves) garlic
50g sweetcorn, canned, drained
170g red kidney beans, canned, drained, and washed (110g drained weight)
2g (1tsp) mild chilli powder
140g reduced-sugar and salt baked beans
200g reduced-fat mild Cheddar
30g tomato purée
10 regular (approximately 62g each) or 7 large (approximately 100g) white flour tortillas
2g (1 tsp) black pepper

Method

1. Preheat the oven to 220°C/425°F/gas mark 7.
2. Heat the oil in a pan. Add the onions and garlic and cook until soft.
3. Add the peppers, sweetcorn, kidney beans and the chilli powder. Cook for approximately 5 minutes.
4. With a fork roughly mash the baked beans and add to the onion and pepper mixture. Add the tomato purée, mix and cook for a further 10 minutes. Stir in the cheese.
5. Spoon the mixture evenly in the centre of each tortilla.
6. Fold the tortilla in half over the mixture like a flat pasty and press down squashing the mixture all across the tortilla. Place the tortilla onto a lightly greased baking tray and bake in a hot oven until the tortillas are golden.

Serving suggestion: use wholemeal wraps to count towards the standard to provide a wholegrain starchy food each week.



Number of portions this recipe makes:

10 primary servings (150g)
7 secondary servings (220g)



Prep: 10 minutes
Cook: 8 minutes



Allergy information:

Milk, wheat (gluten)



Top Tips

Choose baked beans with less than 0.56g/100g salt.

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose oils based on unsaturated fats and tortilla wraps with less than 1.0g salt per 100g.