

Quesadillas With Swiss Chard, Summer Squash and Black Beans

Yield: 4 servings

Ingredients

2 teaspoons extra-virgin olive oil
1 ½ cups diced summer squash
(any combination of yellow squash or zucchini)
½ cup diced onion
4 cups chopped Swiss chard,
(including stems)
¾ cup canned black beans,
drained and rinsed
1 teaspoon minced garlic
¼ cup crumbled Feta cheese
(optional)
8 corn tortillas (or whole grain
flour tortillas, if desired)
Cooking spray

Topping suggestions: fresh salsa,
cilantro, avocado

Presented by
Culinary Medicine

Contact Us: spectrumhealth.org/culinarymedicine

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Instructions

1. In a large skillet, heat oil on medium high heat. Add summer squash and onion. Saute for 4 minutes or until they begin to brown (stirring only occasionally).
2. Add Swiss chard, black beans and garlic. Saute for 4 minutes.
3. On a cutting board or large plate assemble the quesadillas: spoon about ½ cup of Swiss chard mixture on top of one tortilla, spread evenly up to the edges of the tortilla. Top with a little of the feta cheese (if using) and another tortilla.
4. Spray a skillet with cooking spray. Add one prepared quesadilla, spray top with additional cooking spray. Cook until browned on one side and then flip and cook other side until crispy and brown. Repeat for remaining quesadillas.
5. Top quesadillas with a dollop of fresh salsa, cilantro and avocado, if desired.



Nutrition Information

Serving Size: 1 quesadilla
Calories: 236
Total Fat: 6 g
Saturated Fat: 1.8 g
Monounsaturated Fat: 2.1 g
Polyunsaturated Fat: 0.4 g
Sodium: 164 mg
Total Carbohydrate: 37 g
Dietary Fiber: 8.7 g
Sugars: 5.7 g
Protein: 10.5 g

Source: Adapted from <https://cultivatingustainability.com/2010/07/07/quesadillas-with-swiss-chardsummer-squash-black-beans/>



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