



## MAWNAN'S MEXICAN QUESADILLA

*Vegetarian main dish: This recipe provides a portion of starchy foods.*

*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 pastry 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.