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 (1 tsp) 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.