Quickie Quesadillas

Source: Source: Modified from Healthy Eating for Life for Children by Amy Lanou, PhD; recipe by Jennifer Raymond, MS, RD; hummus recipe by Susan Levin, MS, RD, CSSD

These quesadillas are a truly happy marriage between cultures: Middle Eastern roasted red pepper hummus served with Mexican corn tortillas and garnished with salsa makes an absolutely delicious meal or snack. Pair with extra hummus and raw veggies for a filling meal. If tahini is not available, use sesame seeds and water and blend until smooth for a low-fat homemade hummus.

About the Recipe

224 Calories · 8.4 g Protein · 8.2 g Fiber
Lunch
Gluten-free · Nut-free

If you're following a gluten-free diet, choose a 100 percent corn tortilla!

Ingredients

Makes 4 Servings

- 1 1/2 c (254 g) cooked chickpeas, or 15-oz (425-g) can low-sodium chickpeas, drained
- 2 tbsp (30 mL) lemon juice
- 1 tsp (5 mL) tahini (to make sesame seed butter, blend water and sesame seeds)
- 1 clove garlic or 1/8 tsp (0.6 mL) garlic powder
- Dash ground black pepper
- 1/2 c (78 g) roasted red pepper
- 1/4 tsp (1.2 mL) ground cumin
- 8 corn tortillas or paratha/chapati
- 1/2 c (26 g) chopped green onions

- 1/2 c (90 g) chopped tomatoes
- 1/2 to 1 c (259 g) salsa or homemade tomato, onion, and spices

Directions

1. Prepare low-fat hummus recipe or use low-fat hummus of choice. If making your own, place cooked chickpeas (if canned, drain and rinse), in a food processor or blender with fresh lemon juice, tahini, garlic, and black pepper (for roasted red pepper version, add water-soaked red pepper and cumin). If more liquid is needed, add more lemon juice or water. Garlic, cumin, and black pepper can be adjusted for personal taste preferences.
2. Spread tortilla or chapati with 2-3 tbsp (30-45 mL) of hummus and place in a large nonstick skillet over medium heat.
3. Sprinkle with onions, tomatoes, and salsa.
4. Top with a second tortilla and cook until bottom tortilla is warm and soft, 2-3 minutes.
5. Turn and cook second side for another minute.
6. Remove from pan and cut in half or quarters. Repeat with remaining tortillas. Use any extra salsa or hummus as a dipping sauce.

Nutrition Facts

Per 1 quesadilla:
Calories: 224
Fat: 3.9 g
    Saturated Fat: 0.4 g
    Calories from Fat: 14.8%
Cholesterol: 0 mg
Protein: 8.4 g
Carbohydrates: 41 g
Sugar: 6.1 g
Fiber: 8.2 g
Sodium: 261 mg
Calcium: 99 mg
Vitamin C: 38.1 mg
Beta-Carotene: 586 mcg

Vitamin E: 1.8 mg