

Bean 'n' Cheese Quesadillas

Serves: 4

Preparation Time: 5 minutes

Serve with a green salad for a simply delicious meal.

Ingredients

425g can PAMS Mild Chilli Beans

6 flour tortillas

3/4 cup grated cheese

1 large tomato, thinly sliced

1/2 cup sour cream

1/2 - 1 cup guacamole

Method

Spread a third of the PAMS Mild Chilli Beans evenly over three tortillas, leaving about 0.5cm edge free of beans.

Sprinkle each evenly with 1/4 cup grated cheese and divide the tomato slices evenly over the cheese.

Top each with a tortilla and press firmly together.

Place each quesadilla in a sandwich press, bring down the lid, and cook for about 2 minutes until the tortilla is golden and the filling hot. If you do not have a sandwich press, cook in a lightly-oiled non-stick frying pan for 1 minute each side, turning carefully with a flat spatula to avoid any filling falling out.

Allow the quesadilla to stand on a chopping board for a minute to cool before cutting into wedges to serve. Repeat with remaining quesadillas. Serve with sour cream and guacamole on the side.

Tips

For a heartier Quesadilla add cooked chicken or mince.

To prepare guacamole, scoop the flesh from one stoned ripe avocado and mash until smooth. Season with a little chopped spring onion, tomato, coriander or parsley and pepper and salt to taste. Add tang with a squeeze of lemon or lime juice if wished.