



## *Kidney Bean Quesadillas*

1 can (19 oz)	Kidney Beans (or any other beans of your choice)
4	Shallots (green onions), chopped
1	Medium Red Pepper, chopped
¼ cup	Fresh Parsley, finely chopped
1 clove	Garlic, crushed
2 tbsp	Salsa
2 cups	Cheese, shredded
8	Medium Tortillas, Whole Wheat or Multigrain

- Drain and rinse beans, put in a bowl and mash
- Add shallots, red pepper, parsley, garlic and salsa. Mix well
- Put about 2 tbsp of bean mixture on half of a tortilla.
- Sprinkle about 2 tbsp of cheese on the beans. Fold the tortilla in half or roll tucking in both ends.
- Toast on each side in a non-stick frying pan, until cheese is melted and bean mixture is warm. Tortillas can also be baked or cooked in the microwave.
- Serve with sour cream and salsa and a nice green salad.

Makes 4 servings



## *Beans, a food worth getting to know.*

Beans are one of the three sisters, sustainers of life, which have been a staple food for aboriginal cultures since the beginning of time. As far as nutrition goes, beans are true superstars: high in protein, low in fat and high in fiber. They are quite inexpensive and versatile too. Beans, can be made into wonderful soups, used in salads, puréed and served as a dip or spread, or mashed and made into patties.

Try to work more beans into your menus with these easy ideas:

- Add an extra can of kidney beans to a chili recipe, instead of using meat
- Use white (navy) beans to make homemade, low-sugar baked beans from scratch.
- Eat baked beans with eggs and omelettes
- Add chickpeas to soups (try minestrone) or stews
- Add beans to vegetable side dishes
- Top salads with cooked beans
- Make bean salad any time of year
- Instead of using ground beef in Mexican dishes, substitute half or all with beans.
- Top nachos with refried or black beans.
- Make bean burritos
- Add black-eyed peas or chickpeas to pasta
- Try spicy Indian dishes like dal (lentils) and channa masala (chickpeas)
- Stir beans into rice, couscous, or other grain side dishes and recipes

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