



Bean Quesadillas

(Mexican tortilla filled with a cheese and beans)

Ingredients (serves 2)

4 wheat or corn tortillas

120 g shredded cheese, mozzarella or soft cheese type (lactose free in case of intolerance)

100 g cooked beans

Extra virgin olive oil

Salt (restrict in case of hypertension and / or fluid retention)

Method

1. Drain the beans properly and mash them with the help of a fork.
2. Season with salt and olive oil to taste.
3. Fill the tortillas with the cheese and the mashed beans. Fold them in half.
4. Toast the 'quesadillas' in a frying pan over low heat on both sides.
5. Serve.