



Broccoli and Black Bean Quesadilla

1 cup cooked black beans
1/4 cup salsa
4 ounces low-fat cheddar cheese (1 cup grated)
1 cup cooked broccoli
1 tablespoon vegetable oil
4 8-inch flour tortillas



1. In large mixing bowl, mash beans.
2. Drain salsa and add to beans.
3. Add grated cheese to beans.
4. Chop broccoli and add to beans.
5. Heat 1/2 tablespoon of oil in frying pan on medium.
6. Lay tortilla flat on plate. Using 1/4 of bean mixture, fill half of tortilla, folding other half over mixture.
7. Place folded tortilla in pan. Cook 3-4 minutes until lightly browned.
8. Flip and cook second side.
9. Remove from pan and cut in half.
10. Repeat with remaining tortillas adding 1/2 tablespoon oil to pan just before adding the third tortilla.

Makes: 8 servings (1/2 quesadilla per serving)

Nutrition Information:

CALORIES 150 (31% from fat); FAT 5g (sat 1.5g);
CHOLESTEROL 5mg; SODIUM 300mg; CARBOHYDRATE
19g; FIBER 3g; PROTEIN 8g; CALCIUM 10%; IRON 8%

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Fruity Pops

1 1/2 cups chopped peaches,
strawberries, blueberries or raspberries
2/3 cup low-fat vanilla yogurt
2 cups orange juice
6 paper cups
6 spoons
aluminum foil



1. Chop fruit and divide equally among 6 paper cups.
2. Place yogurt in medium bowl.
3. Slowly pour orange juice into yogurt, stirring until blended.
4. Pour juice mixture over fruit.
5. Place spoon in each cup.
6. Cut squares of aluminum foil to cover tops of cups, piercing each with spoon handle. The foil holds the spoon in the center of the cup.
7. Freeze at least 4 hours.
8. To eat, peel paper cups away from pops.



Makes: 6 pops

Nutrition Information:

CALORIES 74 (6% from fat); FAT 0.5g (sat 0.2g);
CHOLESTEROL 1.3mg; SODIUM 18.6mg;
CARBOHYDRATE 16g; FIBER 1g; PROTEIN 2g; CALCIUM
56mg; IRON 0mg

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