

# 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.&nbsp;
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.&nbsp;
4. Top with a second tortilla and cook until bottom tortilla is warm and soft, 2-3 minutes.&nbsp;
5. Turn and cook second side for another minute.&nbsp;
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