

# Easy quesadilla



KATE WENGIER - FOOST

22ND APRIL 2020

**INGREDIENTS:**

***Quesadilla***

- 2 tortillas (store bought or you can make your own)
- 1/3 cup baked beans
- 1/3 cup grated cheese

***Guacamole***

- 1 ripe avocado

- 1/2 lime
- Pinch of salt and pepper
- 1/2 shallot - finely diced
- 1 ripe tomato- finely chopped
- 3 sprigs of coriander - chopped

**METHOD:**

1. Heat a large fry pan for 2 minutes on medium to high heat
2. Add a tortilla to the pan and quickly spread on baked beans and cheese (leaving a 2cm rim with no filling)
3. Top with the second tortilla and continue to cook on one side until golden (about 3 minutes)
4. Carefully and quickly flip the quesadilla and cook the other side until golden
5. While the quesadilla is cooking it is time to make your guacamole. Slice the ripe avocado in half, remove the pit and skins and scoop them into a mixing bowl. Then use a fork to gently mash it to your desired level of chunky or smooth. Add the shallot, tomato, coriander, pepper, lime juice and salt and stir everything together.
6. Take off the heat, cut and serve with your guacamole.

This recipe was provided by **Kate Wengier**, Founder and Dietitian, [Foost](#)