

Quesadillas

Linda McCartney

For 1 (Makes 2)

Ingredients

2 small wheat-flour tortillas
2 tbs canned refried beans,
thinned out with a little vegetable
stock or water
2 oz (50g) cheese, sliced thinly
2 tbs tomato salsa (home made or
ready made
sliced fresh chilli (optional)
vegetable oil for frying approx
1 – 2 tbs

Method

A quesadilla is a turnover. It can also be made using corn tortillas.

Spread the tortillas with the refried bean mixture and place the sliced cheese on top. Dot the taco sauce or salsa on the cheese and add a slice or two of fresh chilli if you like things spicy-hot!

Fold the tortillas into half-moon shapes and fry in a very little oil in a hot pan until browned on both sides and heated through.

