**Mexican Toasties**

**Ingredients**
- 4 tortillas
- 1/2 tin kidney/black beans
- 1/2 a pepper
- 1 carrot
- 1/2 tin sweetcorn
- 1 clove of garlic
- 10ml oil
- Handful of grated cheddar
- Pinch of cumin/oregano

For the topping:
- Handful of tomatoes
- Handful of almonds/pumpkin seeds
- Greens that don’t need cooking; cucumber, herbs, salad, spinach
- Squeeze of lemon

**Method**
1. In a bowl, mix the beans, pepper, carrot, sweetcorn, grated cheese and cumin.
2. Use a masher to break up the beans in the mixture.
3. Lay the tortillas out and put the beany mixture in the middle of one of them, spread it out within a centimetre of the edge. Sit the other tortilla on top and push it down to squish it a bit.
4. Put a non-stick frying pan big enough to hold a tortilla on a low/medium heat. Add a little oil and then the tortilla sandwich. Cook for 3-4 minutes a side, pushing down with a spatula to flatten it.
5. Meanwhile for the topping, de-seed and chop the tomatoes nice and small, add a squeeze of lemon and any glorious greens you have and can add in.
6. Get a grown-up to help you flip the tortilla over so the other side can cook.
7. Once cooked on both sides, move it onto a plate or chopping board and toss the flaked almonds into the pan to toast for a couple of minutes.
8. Cut your quesadilla into 6, tip the toasted almonds in with the chopped tomatoes, give it a mix and spoon it all over the top. Fiesta Flavours!