

QUESADILLAS WITH BEANS AND RED PEPPERS



Recipe from The Runner's Cookbook

This Mexican-themed recipe is an exciting twist on a toastie. It is a rather colourful tortilla sandwich filled with beans, red pepper, avocado and cheese. You can use pinto beans or black beans – or even a mixture – if you prefer. It's bursting with flavour and makes a healthy, quick post-workout meal.

Serves 4

Ingredients:

- 1 tbsp light olive or rapeseed oil
- 1 onion, finely chopped
- 2 red peppers, chopped
- 2 garlic cloves, crushed
- 1 tsp Fajita seasoning* or ground cumin
- 1 jalapeño, sliced
- 1 tbsp tomato purée
- 400g (14oz) tinned red kidney beans, drained and rinsed
- 2 avocados, sliced
- 125g (4oz) Cheddar cheese, grated
- A handful of fresh coriander, chopped
- 8 flour tortillas

*Alternatively, you can make your own fajita seasoning from 2 tsp chilli powder, 1 tsp salt, 1 tsp paprika, ½ tsp brown sugar, 1 tsp ground black pepper, ½ tsp garlic powder, ½ tsp onion powder, and ½ tsp ground cumin.

- Heat the oil in a large pan over a medium heat and cook the onion and peppers for about 5 minutes or until softened. Add the garlic and Fajita seasoning and cook for 1 minutes more. Add the jalapeño, tomato purée, beans and a splash of water. Heat through, then roughly mash with a potato masher or the back of a fork.
- Spread the bean mixture on four of the tortillas, divide the avocado slices over half of each tortilla, then scatter over the cheese and fresh coriander. Top with the remaining tortillas, pressing the two together.
- Heat a non-stick frying pan over a medium heat. Cook each tortilla sandwich for about 1–2 minutes each side or until the cheese has begun to melt and the tortillas are crisp. Cut into quarters and serve with guacamole, salsa and a leafy salad.

NUTRITION per serving: (without salsa or salad)

- 648 kcal, 22g protein, 34g fat (12g saturates), 58g carbs (8g total sugars), 12g fibre