

# Fruity-Folded Quesadilla

A fun, yummy favorite for kiddos of all ages!

[www.mealtime.org](http://www.mealtime.org)

## Ingredients:

### Fruit Cocktail Salsa:

- 1/2 C canned fruit cocktail, well-drained
- 1 T fresh cilantro leaves, chopped or whole
- 1 tsp. lime juice
- 1/8 tsp. sea salt

### Folded Quesadillas:

- 2 (12-inch) flour tortillas
- 1 small avocado, smashed
- 1/3 C canned refried black beans
- 1/2 C shredded Monterey jack cheese
- 1 1/2 tsp. sunflower or avocado oil



## Method:

1. Make the fruit cocktail salsa: In a small bowl, stir together the fruit cocktail, cilantro, lime juice and, if using, salt. Set aside.
2. Make the quesadillas: Cut one slit to the center of each tortilla. Fill each quarter of the tortillas in order: (1) avocado;

(cont. on back...)



**Canned Food**  
ALLIANCE

# Fruity-Folded Quesadilla

A fun, yummy favorite for kiddos of all ages!

[www.mealtime.org](http://www.mealtime.org)

## Method, cont...

(2) fruit cocktail salsa (drained of excess liquid); (3) refried beans, and (4) cheese, while folding each quarter triangle onto each other, creating a layered wrap. Brush with oil. (Hint: For best results, use room temperature ingredients.)

3. Heat a large stick-resistant skillet. Add the folded quesadillas and cook until browned & cheese is melted, about 2 minutes per side.

4. Enjoy as is while warm. Serve with toppings of choice, sour cream, scallions, etc.

Recipe & photos by Jackie Newgent, RDN, LDN



**Canned Food**  
ALLIANCE