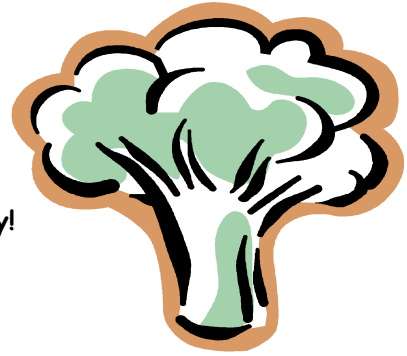


# Using Broccoli

Enjoy the Bounty from Wayne County!



## Broccoli and Black Bean Quesadilla

(Serves 8)

- 1 cup cooked black beans
- $\frac{1}{4}$  cup salsa
- 1 cup shredded low fat cheddar cheese
- 1 cup cooked broccoli
- 1 tablespoon canola oil
- 4 8-inch flour tortillas

In large mixing bowl, mash beans. Drain salsa and add to beans along with shredded cheese. Chop broccoli and add to mixture. Heat oil in frying pan on medium. Lay tortilla flat on plate. Using  $\frac{1}{4}$  of bean mixture, fill half of tortilla, folding other half over mixture. Place folded tortilla in pan and cook 3-4 minutes or until lightly browned. Flip and cook other side. Remove from pan and cut in half. Repeat with remaining tortillas.

**Take an active role in your family's health-lead by example! Include fruits and vegetables in your meals and snacks.**

### More Ideas for Broccoli

- Add cooked, chopped broccoli to cornbread batter
- Top pizza with broccoli
- Add broccoli to chili

(Recipe and broccoli ideas adapted from Cornell Cooperative Extension *Get Fresh!* at Your Farmer's Market materials, 2001) Nutrition information per serving: 130 calories, 4.5 g. fat, 14 g. carbohydrate, 7 g. protein, 3 g. fiber, 340 mg sodium