



# CHANGE ONE MEAL!



## CHEESE, SPINACH, and WHITE BEAN QUESADILLAS

- 8 large eggs
- 1 T. milk
- 1/2 t. salt
- 1/2 t. garlic powder
- 1/2 t. black pepper
- 1 T. extra virgin olive oil, plus additional for cooking the quesadillas
- 5 cups fresh spinach, roughly chopped
- 1 (10-ounce) can white beans, rinsed and drained
- 1 1/2 cups freshly grated cheese: cheddar, Swiss, or mozzarella
- 8 medium whole wheat tortillas

1. In a large bowl, whisk together eggs milk, salt, garlic powder, and pepper. Set aside.
2. Add 1 tablespoon of the olive oil to a large nonstick skillet over medium and heat until it shimmers. Add the spinach and cook stirring often, until it begins to wilt, about 1 minute. Add the beans, then carefully pour in the eggs and cook, stirring occasionally, just until set, about 3 minutes. Taste and season with additional salt or pepper as desired. Remove from the heat.
3. To make the quesadillas: Sprinkle a tortilla with 1/8 of the shredded cheese, leaving a small border all the way around the edge. Spoon 1/8 of the egg mixture on top, then fold in half. Repeat with remaining tortillas.
4. To cook, carefully wipe out the skillet, lightly coat with olive oil, then heat over medium. Cook the assembled quesadillas on both sides until golden and the cheese is melted, about 5-6 minutes total. Cut into triangles and serve warm. **These are great for breakfast, lunch, or dinner!**

Chanute Recreation Commission, 400 S. Highland, Suite 2, Chanute, KS 66720; 620-431-4199.

<https://www.facebook.com/ChanuteRecreationCommission> or check out our webpage at

<http://www.chanuterecreation.com/#>! Recipe submitted by Kathy Braman.

**CHANGE ONE MEAL** is a new mini-initiative challenge from Chanute Recreation Commission to encourage Chanute residents to change one meal (one meal a day, one meal a week, one meal a month – whatever works best for your lifestyle) to a healthier option. Two healthy recipes will be featured each month. Check the CRC Facebook page, website, or pick up hard copies at the Rec Center check-in desk. **Take the challenge, and change one meal!**