

Hawaiian Quesadilla

20 *Minutes to the Table*

5 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Baking Sheet

FROM YOUR PANTRY

Vegetable Oil

4 MEEZ CONTAINERS

Tortillas

Cheese

Corn & Pineapple

Spiced Beans

Good to Know

Want a simpler version of this? Skip the corn and pineapple and serve as a salsa on the side instead.

Health Snapshot per serving (serves 1)

640 Calories, 10g Fat, 15g Fiber, 20 Smart Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Flour Tortillas, Black Beans, Quesadilla Cheese, Corn, Pineapple, Water, Herbs and Spices

meezmeals

1. Getting Organized

Preheat your oven to 400.

2. Prep the Tortillas

Oil the baking sheet with 1 to 2 Tbsp oil. Take one **Tortilla** and wipe it through the oil to coat one side. Repeat with the second tortilla, leaving it on the baking sheet oiled-side down.

3. Build the Quesadilla

Spread the **Spiced Black Beans** on the tortilla. Sprinkle the **Corn & Pineapple** on top of the beans and then top with **Cheese**. Top with the second tortilla, oiled-side up, and gently press down.

4. Put It All Together

Bake the quesadilla until the top and edges are golden brown, 8 to 10 minutes. Flip the quesadilla, and cook an additional 3 to 4 minutes. Cut into wedges and serve. Enjoy!

Love this recipe? #meezmagic

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