

Hawaiian Quesadilla

A sunny hands-free treat. Black beans and melted cheese are perfect with a pineapple cilantro salsa everyone will love. Best of all, it comes together in the oven, so it's perfect for a quick supper for the kids or a light meal for yourself.

20 *Minutes to the Table*

5 *Minutes Hands On*

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

Baking Sheet

FROM YOUR PANTRY

Olive Oil

5 MEEZ CONTAINERS

Tortillas

Cheese

Corn & Pineapple

Spiced Beans

Mango Applesauce

Good to Know

Family Favorite!

Health snapshot per serving – 810 Calories, 29g Protein, 28g Fat, 29 Freestyle Points.

Lightened-Up Health snapshot per serving – 600 Calories, 17g Fat, 19 Freestyle Points with half the cheese and half the Corn & Pineapple.

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

INGREDIENTS: Flour tortilla, Chihuahua Cheese, Corn, Pineapple, Cilantro, Black Beans, Onion, Garlic, Cumin, Coriander, Apple Sauce, Mango, Cranberry, Lime

meez *meals*

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 alongside the **Mango Applesauce**. Enjoy!

Instructions for two servings.

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