



FAST. EASY. FRESH.

CREAMY WHITE BEAN AND SPINACH QUESADILLAS WITH JALAPENO CORN

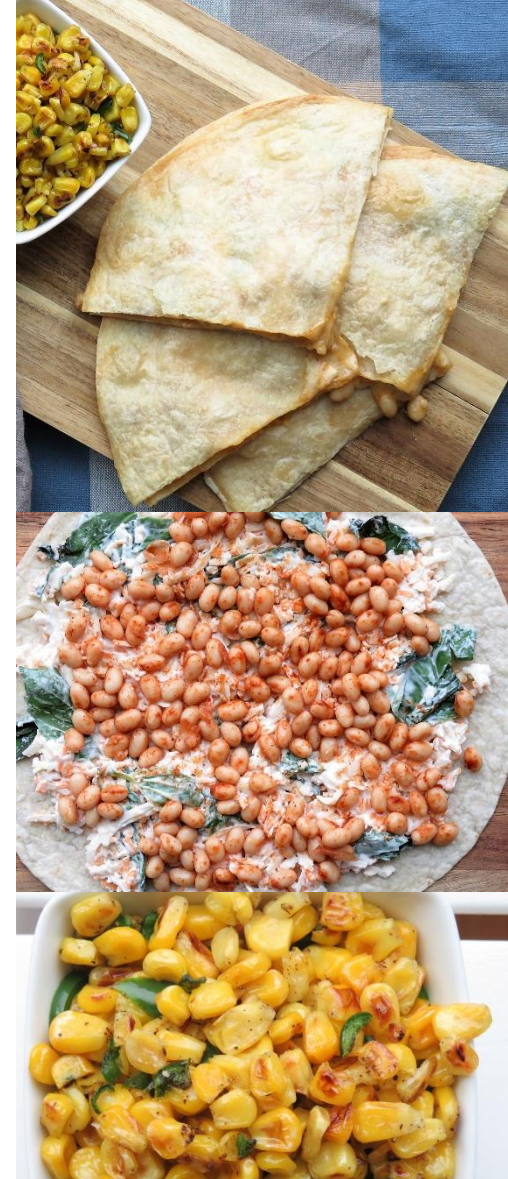
1. Start by preheating your oven to 400°F. Drain and rinse the **cannellini beans** and give the **spinach** a rough chop. De-seed and mince the **jalapenos**.

2. Next, in a medium bowl combine the **cannellini beans** with the **Spice Mix (chili powder, cumin, and garlic powder)**, and pinch of **salt** and stir to combine. In a separate bowl, combine the **sour cream, tex mex cheese**, and the **chopped spinach**.

3. Lay four of your **tortillas** out on a large baking sheet(s). Spread the **cheese and sour cream mixture** evenly between the four and then top with the **spiced beans**. Place the remaining four **tortillas** over top of the filling and then transfer to the oven. Bake for 8-10 minutes, or until the tortillas are golden brown and crispy.

4. Meanwhile, heat the **olive oil** in a large pan over medium-high heat. Add the **corn** and cook until it begins to brown, about 5-6 minutes. Then, add the **jalapenos** and season with **salt and pepper** to taste. Continue cooking for another 2-3 minutes.

5. To serve, cut your quesadillas into wedges and serve alongside the corn. Enjoy!



Ingredients (4 Servings – 974 Calories Per Serving)

Cannellini Beans	2 398 ml Can	Sour Cream	½ Cup
Chili Powder	4 tsp.	Flour Tortillas	8 Large
Cumin	1 tsp.	Olive Oil	2 Tbsp.
Garlic Powder	½ tsp.	Frozen Corn	2 Cups
Baby Spinach	60 g	Jalapenos	2
Tex Mex Cheese	280 g	Salt and Pepper	To taste

25 Minute Cook Time!