

# K's Kitchen: Quesadillas with more than cheese

By Kathryn Reed

While I like cheese, so often at restaurants it's difficult to taste anything but the cheese in a quesadilla. That is why at home I prefer to be light on the cheese and heavy on the other stuff.

With that thinking, that is why there is not an exact quantity for the cheese in this recipe. It's really a personal preference on how much you want of the veggie-bean mixture as well as cheese.

I tend to use Monterey jack, but the type of cheese is also a personal preference. I also use flour tortillas, but corn would be just fine.

I used an ear of corn that had already been cooked. It would be possible to use raw corn; it would just need to be cooked a little more as opposed to heated.

It would be better to use fresh tomatoes, but I didn't have any.



**Spinach, Garbanzo Bean Quesadillas**

Couple tablespoons water

10 ounces spinach

3 garlic cloves, minced

1 ear corn, cut from cob

15.5 ounce can garbanzo beans

14.5 ounce diced tomatoes

1 bunch chives, minced

$\frac{1}{2}$  tsp chili powder

$\frac{1}{2}$  tsp cayenne pepper

$\frac{1}{2}$  tsp ground cumin

Tortillas

Cheese, grated

Salsa

Cilantro, optional

Heat water in pan over medium heat, add spinach. Cook until wilted. Add corn, beans and tomatoes. Mash the beans.

Add chives, chili powder, cayenne pepper and cumin.

Cook for about 10 minutes until heated through. Adjust seasonings as so desired.

In skillet on medium heat place one tortilla in pan, add veggie mix and cheese. Place another tortilla on top. Press down. Flip quesadilla when bottom is browned. When other side is brown and cheese is melted, it's done.

Add salsa and fresh cilantro is so desired.