

Shopping List and tools for April 29

Broccoli and Black Bean Quesadilla

Makes 8 quesadillas (half tortilla each)

Ingredients:

1 cup cooked black beans (½ can)
¼ cup salsa
1 cup shredded low-fat cheese (4 ounces)
1 cup cooked broccoli
Cooking spray
4 8-inch whole wheat tortillas

Fresh Tomato Salsa

Makes 6 Servings

Ingredients:

1 cup tomatoes (finely chopped)
1/2 cup apple (peeled and finely chopped)
1/4 cup onion (finely chopped)
2 tablespoons lime or lemon juice
1 teaspoon garlic (finely chopped)
1/2 teaspoon vegetable oil
1/4 teaspoon salt
1 teaspoon fresh parsley or cilantro (chopped), optional
1 tablespoon cayenne pepper or jalapeno chilies (chopped), optional

Tools needed

Medium sized bowl
Large Mixing bowl
Large frying pan
Chef's knife
Cheese grater (if not using shredded cheese)
Spatula
A fork
A plate
Measuring cups
Measuring spoons