

# Randall's White Bean and Squash Quesadilla with McClure's Salsa

## Branch Area Career Center



### Ingredients

¼ c McClure's sweet and spicy pickles, rinsed and drained  
1 c. sweet corn-fresh or frozen  
¼ c. red bell pepper, diced

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1Tbsp. olive oil  
½ sweet onion- diced  
½ acorn squash- peeled, seeded and diced  
2 cloves garlic- minced  
1 c. Randall's white bean  
1 tsp. lime zest  
1 Tbsp. fresh parsley  
1 Tbsp. fresh oregano or 1 tsp. dried  
Salt and pepper  
Corn or cauliflower tortillas  
Cheese

### Directions

Salsa- Mix pickles, corn and bell pepper together, allow to sit for 30 min. in fridge.

Put olive oil in a medium sauce pan and heat on medium high. Add onions and acorn squash, stirring until onions are translucent. Add garlic and pinch of salt add beans with their liquid, zest, parsley and oregano. Simmer over low heat until squash is tender.

Smash or puree bean mixture, add salt and pepper if desired.

Heat tortillas in a pan, add cheese if using. Add bean mixture and sandwich two tortillas together. Cut in wedges and top with salsa.

Cauliflower tortillas recipe card available

### Nutritional Information

Calories per serving  
Total Fat  
    Saturated Fat  
Cholesterol  
Sodium  
Total Carbohydrates  
    Dietary Fiber  
Protein

### Servings6

125  
3g  
0  
18g  
182g  
18g  
3g  
4g