



## Celebrate National Nutrition Month at the Y!

We are dedicated to helping our members achieve the healthy lifestyles they desire. One component of that healthy lifestyle is diet. We are excited to share with you the most recent scientifically-based recommendations from the top nutrition scientists around the world on the healthiest eating style to follow, the PLANT-FORWARD pattern.

PLANT-FORWARD is defined as follows: A style of cooking and eating that emphasizes and celebrates, but is not limited to, plant-based foods – including fruits and vegetables (produce); whole grains; beans, other legumes (pulses), and soy foods; nuts and seeds; plant oils; and herbs and spices – and that reflects evidence-based principles of health and sustainability.

To help you move “PLANT-FORWARD” we’ll be providing you with nutrition tips and recipes throughout the month. We hope that this will inspire you to seek out other similar recipes, or even create your own!

## BEAN AND VEGGIE QUESADILLAS

### INGREDIENTS

- ½ can of no salt added beans, rinsed and drained
- 2 medium zucchini
- 2 cups fresh spinach
- 1 cup of corn, fresh, canned or frozen that has been thawed
- 4 ounces cheddar cheese, grated
- 1 Tablespoon Canola oil
- 1-2 teaspoons water
- ½ teaspoon black pepper
- Salt to taste
- ½ teaspoon ground cumin
- Pinch of cayenne pepper
- 6 (8-inch) whole wheat flour tortillas
- 3 Tablespoons fresh parsley or cilantro

### DIRECTIONS

- 1 Rinse zucchini. Cut into thin slices or shred with a grater. Rinse and chop fresh spinach. If using parsley or cilantro, rinse and chop now.
- 2 With fresh corn, cut off cob; if using canned, drain and rinse.
- 3 In large skillet over medium-high heat, heat oil. Add zucchini, cayenne pepper and cumin. Cook until zucchini is semi soft, about 5 minutes.
- 4 Add corn and spinach, cover and cook until tender, stirring a few times. About 5 minutes more.
- 5 Add beans to the veggie mixture, stir to combine and smash beans lightly with a fork. Add water to make a bean and veggie paste. Season with black pepper, herbs, if using, and salt. Transfer to a medium bowl and reserve skillet
- 6 Spread mixture evenly over half of each tortilla, top with cheese, fold each tortilla over.
- 7 Spray skillet lightly with non-stick cooking spray. Add quesadillas cook about 4 minutes per side. Repeat until all are done.

- Can be served with low-fat plain yogurt and salsa
- Use remaining beans in a salad!
- Frozen spinach can be substituted for fresh. Thaw and squeeze completely dry before adding to recipe.
- Switch out your favorite veggies in the recipe...left overs work well, other greens, chopped peppers, squash, etc.
- \*Adapted from Cooking Matters

