

Smashed White Bean & spinach Quesidillas

Time 40 minutes

Based on a recipe by Denise Bustard

Ingredients (4 servings)

19 oz can of white beans; drained and rinsed
3 oz spinach chopped
1 marinated wild leek, finely chopped
1 teaspoon ground cumin
1 teaspoon ground coriander
1/8 teaspoon salt
3/4 cup feta cheese crumbled
1 1/4 cups shredded mozzarella
10 tortillas (small)



Check out the video at <https://tobermorymeetingplace.com/food-programs/good-to-go/>

Instructions

1. Chop spinach and grate garlic.
2. In a large bowl, mash the white beans with a fork or potato masher.
3. Stir in the spinach, cumin, coriander and salt. Stir/mash until the spinach is slightly wilted and fold in the feta cheese.
4. Heat a large pan over medium heat. Add oil, then assemble quesadillas in the pan.
5. Spoon out 1/2 cup of white bean/spinach filling, then sprinkle with 1/4 cup cheese. Fold the tortilla over, then press down firmly.
6. Cook for 1- 3 or so minutes per side, until golden and crispy.

This week's recipe features organic spinach grown locally at The Easy Farm located north of Ferndale. To learn more or purchase produce visit <https://www.theeasyfarm.com/>

This week we are also featuring hand-picked wild leeks, also known as ramps. They were sustainably harvested with permission on private property by Good To Go team member Karla Trudgen with help from her dad Paul, we hope you enjoy!