



# The NMSD Monthly Morsel Nutritional Newsletter 2/21/21-2/27/21

## Quick Bean N Cheese Quesadillas Ingredients

4 servings/serving size-2 tortillas  
8 whole wheat flour tortillas  
2 c beans  
1 c salsa  
1 avocado, sliced  
1 c cheddar cheese or mozzarella cheese  
¼ c chopped cilantro  
2 green onion, sliced

### Preparation

In a stovetop or electric skillet, heat to medium high with about 1 tbsp of oil. For quesadillas, spread about ¼ c of beans per tortilla, then top with 1/8 c of cheese. Place in heated skillet, turning when golden, and finished when both sides are crispy. Top with salsa, avocado, and cilantro. Try with low-fat sour cream or plain Greek yogurt. For a quick alternative, try using a waffle iron for a fun new way to eat a quesadilla!

## Corn Salsa

### Ingredients

8 servings/serving size-½ c  
2 c corn, drained  
1 orange bell pepper, diced  
1 jalapeno pepper, seeded or not, and minced  
1 red onion, diced small  
1 tbsp fresh cilantro, or more to taste  
1 tbsp lime juice, or to taste  
½ tsp crushed red pepper  
1 tsp honey  
Salt and pepper to taste

### Preparation

Stir the corn, orange bell pepper, jalapeno pepper, red onion, cilantro, lime juice, crushed red pepper, honey, salt, and pepper together in a bowl. Chill until ready to serve.

## Chicken and Bean Tacos Ingredients

4 servings/serving size- 2 tacos  
8 whole wheat tortillas or corn tortillas, heated on a comal or skillet and wrapped in a clean, damp linen towel  
2 c beans, heated to 165  
2 c chicken, heated to 165  
1 c cheese of choice  
In tortillas, spread ¼ c of beans in each tortilla along the bottom, and then top with ¼ c of chicken, and 1/8 c of cheese. Place on serving dish. Top with corn salsa, ¼ c each.



Did you know: this is called a comal, and has been found in archaeological digs as far back as 700 BCE.

## Chicken Tortilla Soup Ingredients

8 servings/serving size- 1 cup  
12 oz cubed chicken  
2 c corn  
2 c hominy  
½ c diced onion  
2 c chicken broth  
2 c dice tomato, with juice  
2 tsp ground cumin  
1 tsp ground oregano  
1 tbsp minced garlic  
1 tbsp butter or margarine



Preparation  
In a large stock pot, melt butter or margarine and add garlic, stirring slightly until just fragrant. Add onion, and sauté until translucent. Add chicken, corn, hominy, tomatoes with juice, chicken broth, and seasonings. Allow to cook on low, 2 to 4 hours, until the liquid is thickened, and the chicken is shredding. Top with tortillas, cut into strips and pan fried slightly with salt and pepper. Other topping ideas: avocado, cilantro, mozzarella cheese, cabbage, radishes.

## Oranges with Cinnamon

### Ingredients

1.5 servings/  
serving size-½ c  
fruit  
2 oranges, sweet  
1 apple, optional, sliced  
1 tbsp cinnamon

### Preparation

Peel oranges, then slice crossways into rounds and arrange on a pretty plate. Add a few apple slices, if desired. Lightly dust with cinnamon and serve immediately.



*This institution is an equal opportunity provider.*