

School Breakfast Clubs Program Recipes



Treat your students with a fun recipe that incorporates beans from the School Breakfast Clubs Program. Enjoy!



Baked Bean Quesadillas

Serves: 4

Difficulty: Easy

Health Rating: Green

Ingredients

- 1 packet tortillas (corn or flour)
- 2 tsp olive oil
- 425g baked beans, reduced salt
- 400g tinned corn, drained
- 1 cup light tasty cheese, grated

Method

1. In a large microwave safe bowl combine baked beans and tinned corn. Place into microwave for 1 minute.
2. Place 2 scoops of bean mix into tortilla.
3. Add small handful grated cheese. Fold the tortilla in half.
4. In a medium frypan, heat olive oil. Add the tortilla to the frypan and cook for 2mins then flip. Cook for another 1-2mins until golden brown. Repeat with remaining ingredients.
5. Serve quesadilla warm, with your favourite toppings - sliced avocado, fresh coriander, chopped tomatoes, sliced onion, dollop of sour cream.

Mix it up! Start with this simple base recipe, then swap ingredients in and out based on what's in season, available locally and affordable. Reinvent to make many meals throughout the week! Try:

- Use as a burrito or taco mix.
- Serve on top of a baked potato with grated cheese, salsa and sour cream.
- Pop into a toasted sandwich or jaffle.
- Add spices to baked bean mix – smoked paprika, cumin, coriander or chilli.