



The Dietitian's DISH

...for a
Healthy
Lifestyle



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Fast Family Meals for Busy Weeknights

Settling into a routine for the **new school year** can be challenging. All too often, we latch on to what works, which could mean getting stuck in a rut with our family dinner ideas. When time is limited, having recipe ideas that include nutritious shortcuts can prevent too much eating out.



Canned foods offer convenience, time and money savings, and much-needed nutrients. Studies have shown that kids who eat canned fruits and vegetables consume 14% more fruit and 22% more vegetables; higher amounts of protein, fiber, Vitamin A, calcium and potassium; all while cutting the fat in their diet.



Double Decker Black Bean and Corn Quesadillas

Ingredients:

- 1 can (14.75 oz.) black beans (drained)
- 1 can (14.75 oz.) sweet corn (drained)
- 1/4 cup chopped onion
- 1 1/2 cups cooked chicken, shredded
- 4 tsps. taco seasoning
- 4 cups cheddar jack cheese, shredded
- 1 Tbsp. chopped cilantro
- 6 (8-inch) flour tortillas

Directions:

- 1) Preheat oven to 275°F.
- 2) In a skillet, sauté black beans, corn, onions, and chicken until hot. Add cilantro and taco seasoning.
- 3) Place 2 tortillas on a baking sheet, top them with chicken mixture and a layer of cheese. Place a second tortilla on top. For the "double decker", top with chicken mixture and layer of cheese. Then place a third tortilla on top of each stack.
- 4) Place in oven for 4 minutes or until cheese has melted. Flip over the "double decker" and bake an additional 4 minutes.
- 5) Cut into wedges to serve. Garnish with optional toppings like fresh salsa, diced avocado or guacamole and sour cream.



Recipe adapted from Mealtime.org