



# HEALTHY MEXIBEAN TORTILLA MELT RECIPE



☰ Prep: 15 mins

🕒 Cook: 5 mins

🍴 Serves: 2

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## Ingredients

- ▲ 440 g can no-added-salt red kidney beans, drained and rinsed
- ▲ 1/2 red capsicum, seeded and finely chopped
- ▲ 1 tomato, diced
- ▲ 2 spring onions (including green tops), ends trimmed, chopped
- ▲ 1/2 cup fresh coriander, chopped
- ▲ 1/2 cup reduced-fat cheddar cheese, grated
- ▲ 1/2 tsp ground cumin or ground coriander
- ▲ 1/2 tsp smoked paprika
- ▲ 4 wholegrain or reduced-fat tortillas or soft wraps (20cm)

## Method

1. Mix all ingredients except tortillas in a large bowl.
2. Spread 1 cup of bean mix on one side of each tortilla, then fold over the other side to enclose filling.
3. Place in a heated sandwich press and toast for 2 minutes or until crisp and cheese melted.
4. Cut each tortilla into 3 triangles and serve immediately.

## Nutrition Information

	per serving	per 100g
<b>Energy</b>	1678 kJ	463 kJ
<b>Protein</b>	27.8 g	7.7 g
<b>Fat, total</b>	7.3 g	2 g
— saturated	3.4 g	0.9 g
<b>Carbohydrate</b>	48.3 g	13.3 g
— sugars	8 g	2.2 g
<b>Sodium</b>	1198.9 mg	331.4 mg
<b>Fibre</b>	18.1 g	5 g