

COOK ONCE, EAT TWICE.

TRY THESE RECIPES TO HELP YOU
WASTE LESS AND EAT WHAT YOU BUY.



**TOO GOOD
TO WASTE**



King County

Department of
Natural Resources and Parks
Solid Waste Division

Leftover Turkey, Black Bean, Pumpkin Seed and Cheese Quesadillas

Quesadillas are a great way to repurpose leftovers. You can substitute any leftover protein for turkey depending on what you need to use up.

Ingredients

1 C cubed leftover turkey meat
1/2 C cooked black beans
1/2 C toasted pumpkin seeds
2 Tbs chopped cilantro

1 Tbs thinly sliced green onions
8 sprouted corn tortillas
High-heat oil for brushing on tortillas
6 to 8 oz Monterey Jack cheese, grated

Preparation

- In a bowl, combine turkey, black beans, pumpkin seeds, cilantro and green onions.
- Brush a little oil on one side of 2 tortillas. Place 1 tortilla, oiled-side down, in a 10-inch or larger skillet over medium heat.
- Spread 1/4 of the cheese on top of the tortilla and top with 1/4 of the turkey-bean mixture. Place the other tortilla, oiled-side up on top of all this. Cook until the bottom tortilla is golden brown. Using a pancake turner, carefully turn the quesadilla over and cook until golden brown and the filling is hot and bubbly.
- Repeat process three more times with remaining tortillas and filling. To serve, cut each quesadilla into 8 wedges and serve with fresh lime wedges and salsa.

Recipe courtesy of PCC Natural Markets