

# BEAN & CHEESE WEDGES WITH FRESH GUACAMOLE

Prep Time: 5 minutes  
Cooking Time: 8 - 10 minutes  
Makes 4 servings

## Ingredients

1 can (435 mL) refried beans (usually sold in the Mexican food section of the grocery store)  
8 whole-wheat or corn tortillas  
250 mL (1 cup) Cheddar cheese, shredded

## Fresh Guacamole

2 avocados, peeled with pit removed  
½ small ripe tomato, diced  
¼ red onion, diced  
2 cloves garlic, minced  
15 mL (1 T.) lime juice  
6 -8 drops Tabasco® or other hot sauce  
30 mL (2 T.) fresh cilantro, chopped (optional)  
In a bowl with a tight-fitting lid, mash together all ingredients using a fork. Serve immediately, or store in fridge with the lid on, for up to 3 days.

## Directions

Generously spread refried beans on one side of a tortilla, sprinkle with 60 mL (1/4 cup) of the cheese, and place a second tortilla on top. Repeat four times, so that you have four separate servings.

In a non-stick skillet, heat tortillas over medium-high heat until cheese is melted and tortillas are lightly browned; flip over and brown other side (depending on the size of your skillet, you may have to do them one at a time or in batches).



Image courtesy <http://www.morquefile.com>



Even if you don't think you like refried beans, you will be surprised at how delicious these are! Serve with fresh guacamole if you really want to go all out, or with your favourite jarred salsa if you want a quick on-the-go meal.

- ✓ Budget-Friendly
- ✓ Quick & Easy
- ✓ Vegetarian
- ✓ High-fibre



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