



## SNACK PALS



## Bean and Cheese Quesadilla

- Corn
- Bell Pepper
- Red Onion
- Chopped Fresh Cilantro
- Jalapeno Pepper
- Lime Juice
- Pepper (to taste)
- 8" Whole Wheat Tortillas
- Pinto Beans
- Shredded Reduced-Fat Monterey Jack Cheese

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