

# THREE SISTERS QUESADILLA



## Ingredients & Scaling:

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Black or Pinto Beans, low sodium (15 oz can)	1	2	4	8
Chili powder	1 1/2 tsp	1 Tbsp	2 Tbsp	1/4 cup
Ground cumin	3/4 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp
Salt	1/4 tsp	1/2 tsp	1 Tbsp	1 Tbsp
Black pepper	1/4 tsp	1/2 tsp	1 tsp	2 tsp
Olive oil	1Tbsp	2 Tbsp	1/4 cup	1/2 cup
Zucchini, medium	1	2	4	8
Frozen corn	1 cup	2 cups	4 cups	8 cups
8" Whole-wheat tortillas	6	12	24	48
Monterey/Colby Jack cheese	6 oz	12 oz	24 oz	48 oz

Tbsp = tablespoon tsp = teaspoon 1 serving = 1 quesadilla

## Preparation:

1. Pre-heat oven to 425°F.
2. In a large bowl, add bean & chili powder. Toss to combine. Set aside.
3. In a large skillet, heat olive oil over medium-high. Add zucchini, salt & pepper. Cook 5-7 minutes, or until slightly tender & golden brown, stirring occasionally.
4. Add corn & cook another 3-5 minutes, or until corn is golden brown.
5. Lightly coat a sheet pan with cooking spray. To assemble each quesadilla, layer 1/3 cup veggie mix, 1/3 cup bean mix, and 1 oz (1/4 cup) cheese on one half of a tortilla. Fold in half, press gently to spread filling, and place on the pan. Repeat until the pan is full. Lightly coat quesadillas with cooking spray. Bake 10-15 minutes, flipping halfway through, or until golden brown.
6. Slice quesadilla into four equal pieces & serve.

**Cook Time: 15 min**

## CACFP Guidelines

1 serving provides 1/2 oz equivalent grain & 1 1/2 oz equivalent meat alternative, qualifies as whole grain-rich.

## • TIP •

Try adding shredded carrots, diced bell peppers, or frozen vegetables to the quesadilla for extra color & nutrition.

## Nutrition Facts

variable servings per recipe

**Serving size** 1 Quesadilla (224g)

**Amount per serving**

**Calories** **320**

**% Daily Value\***

**Total Fat** 9g **12%**

Saturated Fat 4.5g **23%**

Trans Fat 0g

**Cholesterol** 20mg **7%**

**Sodium** 850mg **37%**

**Total Carbohydrate** 41g **15%**

Dietary Fiber 6g **21%**

Total Sugars 6g

Includes 0g Added Sugars **0%**

**Protein** 17g

Vitamin D 0mcg **0%**

Calcium 232mg **20%**

Iron 2mg **10%**

Potassium 381mg **8%**

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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# CORN, BEANS & SQUASH



## History

Corn, beans & squash, known as the “Three Sisters,” have been essential food sources for Indigenous peoples for centuries. Traditionally grown together in a method that began in central Mexico & spread across the Americas by 1000 CE, these crops symbolized nourishment, cooperation & balance.



## Agriculture

Each plant in the system plays a special role. Corn provides a trellis for beans, beans enrich the soil with nitrogen & squash acts as mulch to suppress weeds & retain moisture. This system supports sustainable farming & a highly nutritious diet.



## Culture

Beyond agriculture, the Three Sisters hold deep cultural meaning. Indigenous communities have diverse legends about them, reflecting a spiritual connection to nature & survival. Today, corn, beans & squash remain central in many dishes. In this quesadilla recipe, they come together to honor the tradition & benefits of the Three Sisters.



## Works Cited



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## Recommended Kids Books:

- *In The Three Sisters Garden* - By JoAnne Dennee
- *Legend of the Three Sisters* - By Cricket Media
- *Kohkum's Kitchen* - By Mark Thunderchild