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

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).

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.