



Delightful Dinodilla

Serves 1. Prep time: 30 minutes.

Ingredients

- ¼ cup finely chopped red pepper, plus ¼ uncut red pepper for dinosaur spikes
- ¼ cup finely chopped carrots, plus ¼ cup carrot rounds for spots
- ½ teaspoon garlic powder
- 1 tablespoon olive oil
- ⅓ cup finely chopped spinach
- 2 whole wheat tortillas
- ¼ cup shredded low-fat cheddar cheese
- 1 cup cooked black beans
- ¼ teaspoon sour cream (optional)

Make your own dinosaur quesadilla and enjoy a dangerously good meal.



Delightful Dinodilla

Preparation

Cook your veggies

Put the olive oil in small pan over medium heat. Stir in the chopped red pepper, chopped carrots and garlic powder. Cook the ingredients for 5 minutes. Add the spinach and cook for 5 minutes more. Mash the beans in a bowl.



Create your dinosaur

1. Use a pair of clean scissors to cut a tortilla in half for the body.
2. Using the second tortilla, cut out matching sets of a head, neck, legs and tail.
3. Arrange one set of the dinosaur parts on a plate for the quesadilla's base layer, then top with beans, the vegetable mixture and cheese. Place the matching dinosaur parts on top of the cheese and microwave for 1 minute or until the cheese is melted.
4. Make an eye with a small dollop of sour cream topped with a black bean.
5. Add a cut carrot slice for the mouth and create feet with black beans.
6. Cut triangular spikes from the remaining red pepper and arrange them along the back of the dinosaur. Give the dinosaur spots with carrot rounds.



Recipe and photos by Mighty Media, Inc., mightymedia.com

Nutritional information per serving

Calories	Fat	Cholesterol	Sodium	Carbs	Fiber	Protein
566	19 g.	6 mg.	267 mg.	71 g.	30 g.	33 g.

The nutritional values and information provided are approximations.