

Quesadilla-Wrapped Franks and Beans

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Servings: 8

8 good -quality hot dogs
1 can (16 oz) vegetarian (lard-free), spicy refried beans
1 large poblano pepper
16 8-inch flour tortillas, heated to soften slightly.
1 1/2 cups salsa verde
yellow mustard, jalapeno mustard or honey mustard
2 1/2 cups (3/4 pound) Monterey Jack cheese, shredded
all-natural cooking spray

Heat a griddle or grill pan over medium-high heat or prepare an outdoor grill.

Parboil the hot dogs for a few minutes in boiling water to heat through.

In a medium size saucepan, heat the beans over medium heat (or cover and heat in the microwave on high for 3 minutes), adding a little water to thin slightly.

Meanwhile, char the pepper evenly over an open flame on the stovetop, under a hot broiler or over the grill coals. Cool the pepper in a bowl covered with plastic wrap; then peel, seed and slice.

To make the quesadilla covers, top each of four tortillas with a thin layer of salsa, a swirl of mustard, a few slices of pepper and lots of cheese. Top with the remaining four tortillas.

Spread the top of each quesadilla with some beans and set a dog at one end. Wrap and roll the quesadillas around the dogs. Repeat with the remaining quesadillas and dogs.

Spray the quesadillas with cooking spray and grill for a few minutes to brown and crisp the tortillas evenly on all sides and melt the cheese.

Per Serving (excluding unknown items): 618 Calories; 21g Fat (30.9% calories from fat); 21g Protein; 84g Carbohydrate; 5g Dietary Fiber; 31mg Cholesterol; 1021mg Sodium. Exchanges: 5 1/2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 3 1/2 Fat.