MINI CHEESY QUESADILLA WITH BLACK BEANS & MANGO



Warm Cheesy Tortilla • Creamy Black Beans • Sweet Ripe Mango

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A colorful, easy-to-make toddler lunch that brings together a warm, cheesy quesadilla, soft black beans, and naturally sweet mango. It's quick to prepare, easy to customize, and perfect for busy family mealtimes.
PREP TIME: 5 minutes
COOK TIME: 5–7 minutes
TOTAL TIME: 10–12 minutes
SERVINGS: 1–2 toddler portions

YOU'LL NEED

1. FOR THE QUESADILLA

- 1 small whole-wheat tortilla
- ¼ cup shredded mild cheese (such as mild cheddar or Monterey Jack)
- ¼ cup cooked black beans, drained and rinsed
- ½ teaspoon olive oil, if needed for the pan

2. FOR SERVING

- ¼ cup ripe mango, peeled and cut into small, soft pieces

ALL YOU HAVE TO DO

STEP 1 – PREPARE THE INGREDIENTS

Drain and rinse the cooked black beans if using canned beans. Mash them lightly with a fork, especially if your toddler has difficulty managing whole beans.
Grate the cheese if it is not already shredded. Peel the ripe mango and set it aside.

STEP 2 – WARM THE PAN

Place a non-stick skillet over medium-low heat.
If needed, lightly brush the pan with olive oil to prevent sticking.

STEP 3 – WARM THE TORTILLA

Place the whole-wheat tortilla flat in the warm skillet.
Allow it to heat for a few seconds so it becomes flexible.

STEP 4 – ADD THE CHEESE

Sprinkle the shredded cheese over one half of the tortilla, leaving a small border around the edge.

STEP 5 – ADD THE BLACK BEANS

Spread the lightly mashed black beans over the cheese.
Distribute them evenly so each bite has a little of both ingredients.

STEP 6 – FOLD THE QUESADILLA

Fold the empty half of the tortilla over the filling to create a half-moon shape.
Gently press it down with a spatula.

STEP 7 – COOK UNTIL MELTED

Cook for approximately 2-3 minutes on the first side.
Carefully flip and cook for another 2-3 minutes, until the tortilla is lightly golden and the cheese has melted.
Keep the heat moderate so the tortilla does not brown too quickly.

STEP 8 – COOL AND CUT

Transfer the quesadilla to a plate and allow it to cool.
Cut into small, soft, age-appropriate pieces. Check that the melted cheese is not too hot before serving.

STEP 9 – PREPARE THE MANGO

Cut the ripe mango into small, soft pieces appropriate for your toddler's eating ability.
Remove any firm or stringy sections.

STEP 10 – SERVE

Arrange the quesadilla pieces and mango on a toddler-friendly plate.
Serve once everything has cooled to a safe eating temperature.

TODDLER SERVING & SAFETY TIPS

- Mash the beans: Flatten whole black beans with a fork to reduce choking risk.
- Choose soft mango: Use ripe, tender mango rather than firm or stringy fruit.
- Cut appropriately: Prepare quesadilla pieces according to your child's age and chewing ability.
- Check the cheese: Melted cheese can become very hot and stretchy. Allow it to cool and check the texture before serving.
- Watch the tortilla: Avoid serving overly crisp or hard edges.
- Supervise mealtimes: Have your toddler sit upright and stay within arm's reach while eating.

EASY VARIATIONS

Creamy Bean Filling: Mash the black beans thoroughly and mix them with the shredded cheese before adding to the tortilla.
Mild Vegetable Addition: Add a small spoonful of finely grated, lightly cooked zucchini.
Extra Cheesy: Add a little more mild cheese if your toddler enjoys a creamier filling.
Different Fruit: Try soft, ripe pear or banana pieces instead of mango.

MAKE-AHEAD & STORAGE

Make ahead: Drain and mash the black beans in advance. Store them covered in the refrigerator until ready to use.
Refrigerator: Store leftover cooked quesadilla in an airtight container and use within 1–2 days.
Reheating: Warm gently in a skillet over low heat until heated through. Allow it to cool before serving.
Mango: Cut fresh just before serving for the best texture and flavor.

A COLORFUL LITTLE LUNCH

Serve this warm quesadilla with sweet mango pieces for a simple combination of whole grains, beans, dairy, and fruit.
Cheesy, colorful, and made with love for little eaters!