

A Kansas SNAP-Ed *EZ Does it* Recipe

Black Bean Quesadillas



Servings: 8

Ingredients:

- ¾ cup chunky salsa (or pico de gallo)
- 1 can (15½ ounce) low-sodium black beans, drained
- 2 cups shredded reduced-fat Colby Jack cheese
- 2 tablespoons fresh cilantro (finely chopped)
- 4 8-inch flour tortillas
- ½ teaspoon extra virgin olive oil



Directions:

1. Drain liquid from salsa; discard liquid. Place drained salsa in a medium bowl.
2. Mix in black beans, cheese, and cilantro until combined.
3. Divide black bean mixture evenly over half of each tortilla (about ½ cup each).
4. Fold tortillas in half.
5. Heat large griddle or skillet over medium-high heat. Brush with oil.
6. Place filled tortillas on griddle or skillet.
7. Cook, carefully flipping once, until tortillas are gold brown and crisp and cheese filling melts, about 5 minutes.
8. Cut quesadillas into wedges and serve.

Nutrition Facts: Each serving provides 160 Calories, 5g Total Fat, 2g Saturated Fat, 490mg Sodium, 25g Total Carbohydrate, 4g Dietary Fiber, 7g Protein

