Black Bean and Vegetable Quesadillas

Prep time: 30 minutes, 1 folded quesadilla per serving

**Ingredients**

1 can black beans, no salt added
Summer vegetables like: peppers, zucchini, onion, or others
Fresh spinach
1 can of corn
Low-fat cheddar cheese
2 Tablespoons oil
2-3 teaspoons water
Pinch ground cayenne pepper
1 teaspoon ground black pepper
8-inch whole wheat flour tortillas
Non-stick cooking spray
Optional Ingredients: 3 Tablespoons fresh parsley or cilantro, chili powder, ground cumin

**Materials**

Can opener
Colander
Cutting board
Sharp knife
Fork
Large skillet with lid
Measuring spoons
A few bowls
Rubber spatula

**Directions**

1. In a colander, drain and rinse black beans. Also drain and rinse corn. Put them in 2 different bowls.
2. Rinse vegetables. Cut into thin small, thin slices or shred with a grater.
3. Rinse and chop fresh spinach. If using fresh parsley or cilantro, rinse and chop now.
4. In a large skillet over medium-high heat, heat the oil. Add vegetables and cayenne pepper. Cook until veggies are semi-soft, about 5 minutes. Remove form skillet and place in a heat safe container.
5. Optional: Cook the spinach. Add spinach to the skillet. Cover and cook until tender, stirring a few times, about 5 minutes.
6. Smash black beans lightly with a fork. Add 1–2 teaspoons water to make a bean paste.
7. Season the bean mixture with black pepper and other spices of choice (cumin, chili powder, garlic powder). If using parsley or cilantro, add now.
8. Cut a line in each tortilla from one edge to the center. Add 4 ingredients (vegetables, beans, corn, and spinach) to each quarter of the tortilla. Add grated cheese on top of the other ingredients. Fold the tortilla into quarters so that all the ingredients are wrapped inside. Press lightly with spatula to flatten.
9. Spray skillet lightly with non-stick cooking spray. Heat over medium/high heat. Add the folded tortilla. Cook about 4 minutes per side, or until both sides of tortilla are golden brown. Repeat until all quesadillas are cooked.
10. Serve while hot. Enjoy with a dipping sauce like homemade tomato salsa.

**Chef’s Tips**

- Add your favorite veggies to the filling. In place of zucchini and spinach, use up leftover cooked veggies like collards, squash, or bell peppers. Substitute pinto beans for black beans if you like.
- You can use frozen spinach instead of fresh. Defrost, drain, and squeeze completely dry before adding.
- Select whole wheat tortillas because they stay in one piece when folded and whole grains are nutritious.

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