



Vegetable Quesadilla

Servings 4 | Prep time 10 mins. | Total time 25 mins.

Equipment: Cutting board, Measuring cups and spoons, Can opener, Strainer, Skillet (10-inches, round) Utensils: Knife, Spatula

Ingredients

2 teaspoons oil, vegetable or canola
2 cups chopped vegetables (Choose any vegetables that are in season or whatever you have on hand. We suggest: zucchini, broccoli, bell pepper, onion, or spinach)
Cooking spray
4 8-inch whole-wheat tortillas
1 cup canned black beans, drained and rinsed
1 cup reduced-fat shredded cheddar cheese
1/2 cup salsa, for serving

Nutritional Information:

Calories 320
Total Fat 10g
Sodium 870mg
Total Carbs 43g
Protein 17g

Instructions

1. Before you begin wash your hands, surfaces, utensils, and vegetables.
2. Add oil to a 10-inch non-stick skillet and heat over medium until oil is shimmering and flows smoothly like water.
3. Add vegetables to pan and cook for 4-6 minutes, stirring occasionally, until tender. Remove from pan and set aside.
4. To prepare quesadillas, place tortillas on a clean surface. Cover half of each tortilla with 2 tablespoons of cheese, 1/4 cup black beans, and 1/4 of the cooked vegetables. Sprinkle with an additional 2 tablespoons of cheese. Fold the empty halves of the tortillas over the fillings to create a half-moon.
5. Lightly coat the same pan with cooking spray. Place 2 quesadillas back to back in the center of the pan, with the folded sides touching. Cook on medium for 2-3 minutes, or until the bottom of the tortillas begin to brown.
6. Carefully flip each quesadilla. Cook for an additional 2-3 minutes, or until cheese is melted and bottoms of tortillas are browned.
7. Repeat steps 4 through 6 to cook the remaining 2 quesadillas.
8. Cut each quesadilla into four triangles. Serve warm with salsa.