



Vegetable Quesadilla

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

Equipment: Cutting board, Measuring cups and spoons, Can opener, Skillet, Plate to hold vegetables

Utensils: Knife, Spatula

Ingredients

Non-stick spray

2 teaspoons olive or vegetable oil

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)

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

Instructions

1. Before you begin wash your hands, surfaces, utensils, and vegetables.
2. Add oil to skillet and heat over medium until the oil is shimmering.
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 bottoms 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 5 and 6 to cook the remaining 2 quesadillas.
8. Cut each quesadilla into four triangles. Serve warm with salsa.

Nutritional Information:

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