

Quick & Healthy Meal Ideas

From the EWSNetwork kitchen to yours... specifically designed after a long day at work!

Black Bean Quesadillas



Ingredients

- 1 can black beans, rinsed
- 1 cup salsa
- 1 can corn
- 4 whole wheat tortillas, 10 inch
- 4 green onions, chopped
- 1 1/3 cup Monterey jack cheese, shredded
- 1 avocado, diced
- 1/4 cup cilantro, chopped (optional)

Instructions

1. Preheat oven to the broil setting.
2. Drain and rinse beans.
3. Mash beans with 1/2 cup of salsa. Mix in corn.
4. Spread bean mixture evenly over 2 tortillas. Leave 1/2 inch border.
5. Sprinkle with onions and cheese.
6. Place remaining 2 tortillas over and press gently.
7. Place on cookie sheet. Broil until crisped and cheese melted. Cut each quesadilla into 4 pieces. Serve with remaining salsa, avocado, and cilantro.

Note: Can also combine shredded cooked chicken, red pepper and onion and top with salsa and cheese. Serve with salad.

Nutritional Info (per serving)		Calories: 377
Fat: 16g		Saturated Fat: 5g
Protein: 13g		Carbohydrates: 46g
Fiber: 10g		Sodium: 679mg

Eating Well. (2010). Black bean quesadillas. Retrieved from <http://www.eatingwell.com/>