

# QUICK & HEALTHY MEAL IDEAS

## BLACK BEAN QUESADILLAS

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



## BLACK BEAN QUESADILLAS

### Ingredients (4 Servings)

- 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
- ¼ cup cilantro, chopped (optional)

### Instructions

- Preheat oven to the broil setting.
- Drain and rinse beans.
- Mash beans with ½ cup of salsa. Mix in corn.
- Spread bean mixture evenly over 2 tortillas. Leave ½ inch border.
- Sprinkle with onions and cheese.
- Place remaining 2 tortillas over and press gently.
- Place on cookie sheet. Broil until crisped and cheese melted. Cut each quesadilla into 4 pieces. Serve with remaining salsa, avocado, and cilantro.

### NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	377
FAT	16 g
PROTEIN	13 g
FIBER	10 g
SATURATED FAT	65 g
CARBOHYDRATES	46 g
SODIUM	679 mg

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