

# CLEAN IT UP

## QUICK AND EASY BLACK BEAN QUESADILLA

Breakfast, lunch, or dinner. If you need a quick and easy meal that is healthy, tasty, and satisfies your hunger, this recipe won't disappoint!

### Black Bean Quesadillas

4 servings

#### 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)



#### Directions

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 top 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.

Nutrition Info Per Serving: Cal 377 | Fat 16g | Carb 46g | Pro 13g | Fibre 10g | Sodium 679mg

**Helpful Hint:** If you are gluten-free, consider using the ingredients to make a rice or quinoa bowl! For a more low-carb option, serve the ingredients over greens and add some extra vegetables!

Source: <http://www.eatingwell.com/recipe/250108/black-bean-quesadillas/>