



BLACK BEAN QUESADILLAS

INGREDIENTS

1 tbsp. extra virgin olive oil
2 cloves fresh garlic, minced
1/2 medium onion, finely chopped
2 cups plum tomatoes, chopped
1/2 cup fresh cilantro, chopped
1 (15-oz.) can black beans, drained and rinsed (no salt added)
4 (8" each) whole grain tortillas
3/4 cup low-fat cheddar cheese, shredded
Cooking spray

SALSA

1 cup yellow corn (fresh or frozen)
1/2 cup fresh cilantro, chopped
Juice of one lime
2 cloves fresh garlic, minced
1 medium red bell pepper, chopped
Sea salt and freshly ground pepper to taste

DIRECTIONS

Preheat broiler. Heat olive oil in a large skillet over medium high heat. Add garlic and onion. Sauté 30 seconds.

Add tomatoes, 1/2 cup cilantro and beans. Cook 5 minutes or until liquid evaporates, stirring occasionally.

Place tortillas on a baking sheet coated with cooking spray. Top each tortilla with 1/4 of bean mixture and 3 tbsp. cheese, fold in half. Lightly spray tortillas with cooking spray. Broil for 3 minutes or until cheese melts and tortillas begin to brown. Cut each tortilla into 3 wedges.

To prepare the salsa, blanch the corn in boiling water for 3 minutes. Drain and place in a small bowl. Add 1/2 cup cilantro, lime juice, garlic and red pepper. Add salt and pepper to taste.

BRENDA'S TIP

I recommend leaving the salsa overnight in the refrigerator (or for at least 3 hours) to let the flavors develop.



CALORIES: 422 • **PROTEIN:** 22 grams • **FIBER:** 9 grams
SERVING SIZE: 1/4 recipe (1 tortilla) • **SERVES:** 4