



Black bean and corn quesadilla

Ingredients:

- ½ (15 ½ -ounce) can black beans, drained and rinsed.
- 2 medium zucchinis, rinsed and cut into thin slices or shredded
- 4 cups fresh spinach, rinsed and chopped
- 1 cup canned corn drained
- 4 ounces low-fat cheddar cheese, grated
- 1 Tbs. canola oil
- Pinch ground cayenne pepper
- 1-2 tsp water
- ½ tsp ground black pepper
- 6 (8-inch) whole wheat flour tortillas



Directions:

1. In a large skillet over medium-high heat oil. Add zucchini and cayenne pepper. Cook until zucchini is semi-soft, about 5 minutes.
2. Add corn and spinach. Cover and cook until tender, stirring a few times, about 5 minutes more. Remove from heat.
3. Add black beans to the veggie mixture. Stir to combine. Smash beans lightly with a fork. Add 1-2 teaspoons water to make a paste.
4. Season mixture with black pepper. Transfer mixture to medium bowl. Reserve skillet.
5. Spread vegetable mixture on half of each tortilla. Top with cheese. Fold tortilla over. Press lightly with spatula to flatten.
6. Spray skillet lightly with non-stick cooking spray. Heat over medium-high heat. Add one folded tortilla. Cook about 4 minutes per side or until each side is brown. Serve warm.

Thank you Jennifer C. for sharing this recipe!