

Dinner

Black Bean Quesadilla

10 Mins
Prep Time

10 Mins
Cook Time

4
Servings

502 Calories **19g** Fat **62g** Carbs **24g** Protein



Ingredients

4 Servings (2 Quesadillas)

20 Mins Total Time

Allergens: Dairy, Gluten

1 (15 oz) Can Black Beans, drained and rinsed

1 Cup Frozen Corn

½ Cup Red Onion, diced*

½ Cup Cilantro, loosely packed, chopped (**wash under cold running water before chopping**)

2 Cups Cheddar Cheese, shredded

1 Batch Seasoning Blend (below)

8 Flour Tortillas

Seasoning Blend

1 Tbsp Chili Powder **½ Tsp** Oregano

1 Tsp Smoked Paprika **½ Tsp** Salt

1 Tsp Cumin **½ Tsp** Black Pepper

¼ Tsp Cayenne Pepper

Optional: soak diced red onion in ice water for 5 minutes to remove bite

Nourishment Note



Black Beans

Black beans contain a type of fiber important for helping to lower cholesterol levels, reducing the risk of heart disease. Black beans may also help lower inflammation in the body.



Onions

Onions are a type of prebiotic. Prebiotics feed healthy gut bacteria to help promote a healthier digestive tract. Onions may also help reduce cholesterol levels, which can decrease the risk for heart disease.

Allergen Swap

Dairy Use a dairy-free cheese

Gluten Swap the flour tortillas for corn tortillas

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Mix Seasoning Blend

In a small bowl, mix all the seasoning blend ingredients and set aside.

3. Combine Ingredients

To a large bowl, add the drained black beans, corn, red onion, cilantro and cheese. Sprinkle seasoning blend over top and stir until all ingredients are evenly coated.

4. Cook Quesadillas

In a skillet, place a tortilla and top one half with ½ cup filling and fold over. Cook, over medium heat, until browned and cheese filling has melted, flipping halfway through. Repeat with remaining tortillas and filling.

5. Cut, Serve and Enjoy

Cut quesadillas into triangles, serve and enjoy!

6. Wash Hands

Wash hands with soap and water.

Recipe adapted from [Budget Bytes](#)

What You'll Need



Can Opener



Colander



Measuring Cups



Measuring Spoons



(2) Bowls - One Large, One Small



Spoon



Skillet



Spatula



Knife

Fatigue Buster

- Purchase pre-shredded cheddar cheese.
- Purchase a premade taco seasoning packet. Look for a seasoning packet without garlic.