



Black Bean & Vegetable Quesadillas



Start to finish time: 20 minutes

Number of servings: 6

Nutrition Facts

Serving size 1 quesadilla

Amount per serving
Calories **320**

% Daily Value*

Total Fat 9g	12 %
Saturated Fat 4.5g	22 %
Trans Fat 0g	
Cholesterol 4mg	1 %
Sodium 729mg	32 %
Total Carbohydrate 46g	17 %
Dietary Fiber 11g	39 %
Total Sugars 4.9g	
Includes 0g Added Sugar	0 %
Protein 16g	
Vitamin D 0mcg	0 %
Calcium 296mg	23 %
Iron 3.5mg	19 %
Potassium 632mg	13 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

FOOD SAFETY TIPS

1. Wash hands with warm, soapy water for 20 seconds.
2. Sanitize all food preparation surfaces.
3. Rinse and clean all produce.

INGREDIENTS:

- ½ (15.5-oz.) can black beans, no salt added (drained and rinsed)
- 1 ear fresh corn or 1 cup canned corn (drained and rinsed)
- 2 medium zucchinis, (shred or slice thinly, squeeze out excess liquid)
- 1 bunch fresh spinach (about 4 cups) (roughly chopped)
- 4 ounces low-fat cheddar cheese (shredded)
- 1-2 teaspoons water
- ½ teaspoon ground black pepper
- Pinch of ground cayenne pepper
- 6 (8-inch) whole wheat flour tortillas
- Non-stick cooking spray

Optional Ingredients:

- 3 tablespoons of fresh parsley, or fresh cilantro, or (4 oz.) green chiles

DIRECTIONS:

1. Gather and prepare ingredients.
2. Add black beans, black pepper, and cayenne to a bowl and smash lightly with a fork.
3. Add the rest of veggies and water to the beans, mix to form a paste. If you don't shred the zucchini, leave it out of this step, you will add it later.
4. Spread veggie mixture on half of each tortilla, add the sliced zucchini (if you didn't shred it) and grated cheese.
5. Fold tortillas over and press lightly to flatten.
6. Spray a medium skillet with non-stick cooking spray and place heat on medium-high.
7. Add folded tortilla, cook 4 minutes per side or until golden brown. Repeat until all quesadillas are cooked.



STEP-BY-STEP DIRECTIONS:



Step 1

Gather and prepare ingredients.



Step 2

Add black beans, black pepper, and cayenne to a bowl and smash lightly with a fork.



Step 3

Add the rest of veggies and water to the beans, mix to form a paste. If you don't shred the zucchini, leave it out of this step, you will add it later.



Step 4

Spread veggie mixture on half of each tortilla, add the sliced zucchini (if you didn't shred it) and grated cheese.



Step 5

Fold tortillas over and press lightly to flatten.



Step 6

Spray a medium skillet with non-stick cooking spray and place heat on medium-high.



Step 7

Add folded tortilla, cook 4 minutes per side or until golden brown. Repeat until all quesadillas are cooked.

SUBSTITUTIONS:

- Grate sweet potato or carrots to use in place of the corn or zucchini, but any vegetables could be used.
- Corn tortillas can be used in place of whole wheat. Because they tend to be smaller, you can spread the mixture on a whole tortilla and top with another corn tortilla.

MSU EXTENSION NOTES:

- If you slice the zucchini thinly and find it too hard, you can cook it in the preheated pan before adding it to the quesadillas, so the zucchini is softer.
- If you are low on time, use a larger skillet to cook more quesadillas at once for a quicker cook time.

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