



Black Bean & Corn Quesadilla

COOK TIME: 10-15 MIN
MAKES 2 QUESADILLAS

INGREDIENTS:

- 1/2 cup black beans
- 1/2 cup corn
- 1/2 cup shredded cheese
- 4 flour tortillas
- Optional: 1 tsp taco seasoning

Pro Tip: Dip quesadilla in sour cream, salsa, or guacamole for extra flare.

INSTRUCTIONS:

1. In a medium bowl, mix together black beans, corn, and seasoning.
2. Choose one of 3 methods:

Method 1: Stovetop

Spray cooking oil on a large skillet and place on medium heat. Place one tortilla on the skillet, and sprinkle lightly with cheese. Scoop half of the bean/corn mixture and spread evenly across the tortilla. Add 1/4 cup cheese and place a second tortilla on top. Cook until the bottom tortilla is lightly browned, then flip and cook until lightly browned on both sides, or until cheese is melted. Repeat for the second quesadilla.

Method 2: Oven

Preheat oven to 425. Spray baking sheet with oil and place one tortilla on the sheet. Sprinkle lightly with cheese. Scoop half of the bean/corn mixture and spread evenly across the tortilla. Add 1/4 cup cheese and place a second tortilla on top. Bake for 15 minutes, flipping halfway through. Repeat for the second quesadilla.

Method 3: Microwave

Place one tortilla on microwave-safe plate, and sprinkle lightly with cheese. Scoop half of the bean/corn mixture and spread evenly across the tortilla. Add 1/4 cup cheese and place a second tortilla on top. Microwave on high for 45 seconds, or until cheese is melted. Repeat for the second quesadilla.

Quesadillas are delicious, simple, and versatile! Black beans and corn will add nutrients and flavor to this dinner staple. Feel free to add in any other veggies or protein that you enjoy!

Stovetop is the classic method for cooking a quesadilla. The oven method produces a crispy & crunchy version. The microwave works perfectly if you are in need of a quick & easy meal. Enjoy!