



Black Bean Quesadilla

Warm 1/2c of black beans in a small sauce pan over medium heat or in a microwave for 1 minute.

Spread warm black beans over half of a tortilla. Top with 1/2c cheese and 1/4c of Salsa. Fold tortilla in half over fillings.

Spray skillet with cooking spray. Cook on medium-high heat 2 to 3 min on each side or until crisp and lightly browned on both sides.

Cut into thirds.

Microwave Instructions: Prepare quesadilla as above. Cook in microwave for 30 seconds a side, until cheese is melted.

Tips to increase nutrient density:

- Add fresh or steamed spinach
- Serve with a side of veggies to make a complete meal; you can steam them in their microwavable bag!

Variation: Instead of including the Salsa in the Quesadilla, keep it on the side for dipping!