

Black Bean Quesedillas



The Ingredients

- 1 1/2 cups reduced sodium black beans, drained and rinsed
- 1 cup finely diced zucchini
- 1 cup frozen sweet corn kernels, thawed
- 2/3 cup finely diced red onion
- 1/2 cup shredded 2% sharp cheddar cheese
- 1/4 cup chopped fresh cilantro
- 1 teaspoon cumin
- 1/2 teaspoon salt
- Pinch of black pepper
- 1/4 teaspoon hot pepper sauce
- 2 12-inch whole-wheat tortillas

Directions

- Preheat oven to 350°F. In a large bowl, combine the beans, zucchini, corn, red onion, cheese, cilantro, cumin, salt, pepper and hot sauce.
- Heat a large, nonstick skillet to medium heat and coat with cooking spray.
- Place one tortilla in the pan and cover half of the tortilla with the bean mixture. Fold over to cover.
- Cook for 1 to 2 minutes then flip the quesadilla and cook for another 1 to 2 minutes. Remove from heat and place on a baking sheet. Repeat with the other tortilla.
- Bake for 5 minutes, or until cheese is melted.
- Cut each quesadilla into 4 pieces and serve with fresh salsa or guacamole.

REFERENCE: [MAYO CLINIC](#)