



Black Bean Quesadilla (Less Chop, Large Font)

A delicious vegetarian option

<u>U.S.</u>		<u>Metric</u>
2 tsp	Olive Oil	10 mL
1 (15 oz) can	Black Beans, canned, drained, rinsed	425 g
1 cup	Water	235 mL
2 tsp	Cumin, ground	1.2 g
1/2 tsp	Oregano, dried	0.5 g
2 Tbsp	Cilantro, fresh, chopped	7.2 g
1 each	Bell Pepper, chopped in hand chopper	1 each
1/2 each	Onion, chopped in hand chopper	1/2 each
2 cloves	Garlic, chopped in hand chopper	2 cloves
4 oz	Mushrooms, chopped in hand chopper	4 oz
1/2 tsp	Salt, Kosher	3 g
1/4 tsp	Black Pepper, ground	0.6 g
12 each	Corn Tortillas	12 each
1/3 cup	Cheddar Cheese, low-fat, shredded	38 g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 400°F (200°C).
3. Place 1 tsp. of olive oil in a medium sauce pan over medium heat, then add the black beans, water, cumin, and oregano. Simmer over medium heat, stirring occasionally. Blend ¼ cup of the beans and add back to pan. As the beans cook add additional water if needed to keep the beans from drying out. After 15 minutes the beans will begin to thicken. When beans have thickened, remove and add the cilantro. Set aside.
4. In a bowl, toss peppers, onions, garlic, mushrooms, salt and pepper.
5. While beans are cooking, heat the remaining tsp. of oil in a pan over medium heat. Add vegetable mixture and cook until vegetables are soft, about 4 minutes.
6. Lay corn tortillas on flat surface, top with 1 ½ tsp. of cheese, 1/4 cup of the bean, 1/4 cup of the vegetable mixture, then another 1 ½ tsp. of cheese finish with another corn tortilla on top.
7. Place quesadillas in a single layer on a sheet tray. Bake in oven until cheese is melted and outside is crisp, about 5-8 minutes.
8. Serve warm.

Nutrition Facts	
Serving size	1 quesadilla
Servings	6
Calories	220
Calories from Fat	40
Total Fat	4.5 g
Saturated Fat	2 g
Trans Fat	0 g
Monounsaturated Fat	1 g
Cholesterol	10 mg
Sodium	390 mg
Carbohydrates	34 g
Dietary Fiber	7 g
Sugars	1 g
Protein	11 g
Vitamin A	2 %
Calcium	15 %
Vitamin C	0 %
Iron	4 %
Phosphorus	90 mg
