



Black Bean Quesadilla

A delicious vegetarian option.

<u>U.S.</u>		<u>Metric</u>
2 tsp	Olive Oil	10 mL
1 (15 oz) can	Black Beans, drained and rinsed	425 g
1/2 cup	Vegetable Stock or Water	120 mL
2 tsp	Cumin, ground	1.2 g
1/2 tsp	Oregano, dried	0.5 g
2 Tbsp	Cilantro, fresh, chopeed	7.2 g
1 each	Bell Pepper, Green, small dice	1 each
1/2 each	Onion, small dice	1/2 each
2 cloves	Garlic, minced	2 cloves
4 oz	Crimini Mushrooms, sliced	113 g
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 sauté pan over medium heat, then add the black beans, water, cumin, and oregano. Simmer over medium heat, stirring occasionally
4. Using a fork, spoon, or potato masher, mash some of the black beans as they cook. As the beans cook add additional water if needed to keep the beans from drying out. Continue to mash the beans, and after 15 minutes the beans will begin to thicken. When beans have thickened, remove and add the cilantro. Set aside.
5. In a bowl, toss peppers, onions, garlic, mushrooms, salt and pepper.
6. 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, stirring often. Set aside.
7. 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.
8. 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.

****Nutrition Facts on Reverse**

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