












VEGETARIAN QUESADILLA

Ingredients:

-  8 whole wheat large tortillas (8")
-  14 oz can black beans
-  1 cup corn
-  1 large bell pepper (diced)
-  1/3 cup cilantro (finely chopped)
-  1/3 cup red onion (minced)
-  2 tsp cumin
-  Pinch of salt
-  2 2/3 cups shredded cheese (cheddar, mozzarella)

Instructions:

1. In a large mixing bowl, add black beans, corn, pepper, cilantro, red onion, cumin and salt; stir well to combine. Preheat oven to 350° F and line 2 large baking sheets with parchment paper.
2. Build each quesadilla: on a half of tortilla sprinkle 3 tbsp of cheese and spread 1/2 cup veggie mixture. Fold the other half of tortilla making a half moon shape. Repeat and make 8 quesadillas
3. Bake for 20 minutes. Let tray rest for 3-5 minutes. Cut quesadilla in half. Serve with salsa and yogurt.

Nutrition: • Cal: 584 • Carbs: 64g • Fiber: 15g • Sugar: 6g

