

# Black Bean and Vegetable Quesadilla

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**GREATER  
CHICAGO**  
- FOOD -  
DEPOSITORY.

**Serves:** 6

**Prep:** 15 minutes | **Cook:** 30 minutes

## INGREDIENTS

- 1 (15.5 ounce) can black beans, drained and rinsed
- 2 medium zucchini, diced
- 4 cups spinach, chopped
- 1 cup fresh, canned or frozen corn (thawed if frozen)
- 1/2 cup low fat shredded cheese
- 2 tablespoons cooking oil
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon black pepper
- 6, 8-inch whole wheat tortillas
- 3 tablespoons fresh parsley or cilantro, minced (optional)



## DIRECTIONS

1. Heat 1 tablespoon of oil in a large skillet over medium-high heat. Add zucchini and cayenne pepper. Cook until zucchini is semi-soft, about 5 minutes.
2. Add corn and spinach. Cover and cook until tender, about 5 minutes. Remove skillet from heat and place vegetables in large bowl.
3. Add black beans to bowl. Stir to combine and smash beans lightly with a fork. Add 1-2 teaspoons water to make paste. Season mixture with black pepper and parsley or cilantro (optional).
4. Heat oil in clean skillet over medium-high heat. Place tortilla on skillet and spread vegetable mixture on half of tortilla. Sprinkle with cheese. Fold tortilla over and cook for 4 minutes per side or until golden brown.

## Nutrition Information

*Serving Size: 1 folded tortilla*

<b>Calories</b>	<b>357</b>
<b>Total Fat</b>	<b>14 g</b>
Saturated Fat	5 g
<b>Cholesterol</b>	<b>19 mg</b>
<b>Sodium</b>	<b>285 mg</b>
<b>Carbohydrates</b>	<b>45 g</b>
Fiber	9 g
Sugars	5 g
<b>Protein</b>	<b>15 g</b>

Recipe source: Cooking Matters