

Black Bean and Vegetable Quesadilla

This delicious and nutritious recipe would be great with any veggies you have on hand.

Makes: 6 servings

Source: cookingmatters.org recipe/ black bean and veggie quesadilla

Ingredients

- ½ (15½-ounce) can black beans, no salt added
- 2 medium zucchini
- 1 bunch fresh spinach (about 4 cups)
- 1 can corn
- 4 ounces low-fat cheddar cheese
- 1 Tablespoon canola oil
- Pinch ground cayenne pepper
- Pinch black pepper
- 1–2 teaspoons water
- 6 (8-inch) whole wheat flour tortillas
- Non-stick cooking spray

Utensils Needed

- Box grater
- Can opener
- Colander
- Cutting board
- Fork
- Measuring spoons
- Medium bowl
- Rubber spatula
- Sharp knife
- Large skillet with lid



Small Changes,
BIG Difference!

Click image to watch the recipe video



Nutrition Information

Serving Size: 1 folded quesadilla	
Nutrients	Amount
Calories:	250
Total Fat:	7 g
Saturated Fat:	2 g
Cholesterol:	5 mg
Sodium:	360 mg
Total Carbohydrates:	36 g
Dietary Fiber:	4 g
Total Sugars:	5 g
Protein:	12 g

Directions

1. In a colander, drain and rinse black beans, set aside then drain and rinse corn.
2. Rinse zucchini. Cut into thin slices or shred with a grater.
3. Rinse and chop fresh spinach.
4. Grate cheese.
5. In a large skillet over medium-high heat, heat oil. Add zucchini and cayenne pepper. Cook until zucchini is semi-soft, about 5 minutes.
6. Add corn and spinach. Cover and cook until tender, stirring a few times, about 5 minutes more. Remove from heat.
7. Add black beans to the veggie mixture. Stir to combine. Smash beans lightly with a fork. Add 1–2 teaspoons water to make a bean-and-veggie paste.
8. Spread vegetable mixture evenly on half of each tortilla. Add grated cheese. Fold tortillas over. Press lightly with spatula to flatten.
9. Spray skillet lightly with non-stick cooking spray. Heat over medium/high heat. Add one folded tortilla. Cook about 4 minutes per side, or until both sides of tortilla are golden brown. Repeat until all quesadillas are cooked.
10. Cut each quesadilla into 2 wedges. Serve while hot.

Recipe Notes

- Add your favorite veggies to the filling. In place of zucchini and spinach, use up leftover cooked veggies like collards, squash, or bell peppers.
- To cut costs, use frozen spinach. Defrost, drain, and squeeze completely dry before adding.
- Top with low-fat yogurt or salsa.
- Use the remaining beans in a soup or to top a salad.
- Compare labels for sodium/ saturated fat and look for no trans fat when selecting whole wheat tortillas.

SHOPPING LIST

Average total cost without oil and seasonings: \$15.25

Average cost/serving: \$2.54

Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Can Low Sodium Black Beans 15 oz



Add 2 to Cart
Zucchini (medium - 9 oz avg)



Add 1 to Cart
Bag (or bunch) Fresh Spinach



Add 1 to Cart
Fresh Tomato (8 oz avg)



Add 1 to Cart
Low-fat Cheddar Cheese



Add 1 to Cart
Whole Wheat Tortillas

My Cooking Notes
