

Contact Cooking Matters: Email: Cookingmatters@owu.edu

Check out the website: sites.owu.edu/cookingmatters

Black Bean and Vegetable Quesadillas

Calories per serving: 250 # of servings: 6 Serving Size: 1 quesadilla

TOTAL TIME: 20 min

Ingredients

- 1 15 oz can of black beans, no salt added if possible
- 2 medium zucchini
- 1 bunch fresh spinach (about 4 cups)
- 1 cup canned corn (or one ear fresh corn)
- 4 ounces cheddar cheese
- 1 Tbsp canola/olive oil
- Salt and pepper to taste
- Optional: chili powder, garlic powder, oregano, cayenne (remember cayenne is spicy!)
- Optional: fresh cilantro or Parsley
- 6 whole wheat tortillas (8-inch)
- Cooking spray
- Top with salsa

Directions

1. In a colander, drain and rinse beans. Drain corn.
2. Rinse Zucchini. Chop into small pieces or shred with grater.
3. Rinse and chop fresh spinach. If using fresh parsley or cilantro, rinse and chop now.
4. Grate cheese (unless you are using pre-grated cheese)
5. In a large skillet over medium-high heat, heat oil until hot, but not burnt. Add zucchini. Cook until the 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.
8. Season mixture with any desired seasoning and parsley or cilantro if using. Transfer mixture to bowl.
9. Lightly spray the skillet with the cooking spray. Heat over medium-high heat. Lay tortilla on skillet. Add cheese to just one side. Add veggies to the same side. Fold tortilla in half. After a couple minutes, flip quesadilla to brown the other side. Repeat until all quesadillas are cooked.
10. Cut into wedges and enjoy.