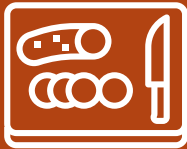




4 Steps to Food Safety



Clean



Separate



Cook



Chill

Easy Black Bean and Cheese Quesadillas

Ingredients:

- 1 Tablespoon vegetable oil
- ½ small onion, scrubbed with clean vegetable brush under running water and diced
- 1 cup low-sodium canned black beans, drained (or any type of canned dried bean)
- ¼ teaspoon seasoned salt
- ½ cup Monterey Jack cheese, shredded
- 4 (8-inch) whole wheat tortillas
- Non-stick cooking spray

Directions:

1. Wash hands with soap and water. Heat heavy skillet over medium heat. Add oil and sauté onion and seasoned salt until onion is tender.
2. Add beans and heat through, about 2-3 minutes. Transfer mixture to clean bowl.
3. To make quesadilla, spray non-stick spray in a heavy skillet. Add one tortilla. Spread with 2 tablespoons cheese, ½ of bean mixture then 2 more tablespoons of cheese.
4. Top with second tortilla. When cheese is melted and bottom of tortilla is golden, flip to other side. Brown for 1 to 2 minutes. Remove to cutting board or plate. Cut into wedges and serve. Repeat with remaining ingredients.
5. Store leftovers in a sealed container in the refrigerator for up to four days. Makes 4 servings.

Nutrition Information for 1 serving: Calories 250, Total Fat 11g, Saturated Fat 4.5g, Cholesterol 15mg, Sodium 470mg, Total Carbohydrates 29g, Fiber 7g, Total Sugars 2g, includes 1g Added Sugars, Protein 8g, Vitamin D 0%, Calcium 10%, Iron 10%, Potassium 8%

For more healthy tips and recipes, go to:
Food.unl.edu

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