

Black Bean Quesadillas

INGREDIENTS

- 1 15-ounce can black beans, rinsed and drained
- 1/2 15-ounce can petite diced tomatoes
- 1 cup frozen corn
- 1/2 cup frozen onions
- 1/2 teaspoon ground cumin
- 1 teaspoon garlic powder
- 1/2 teaspoon salt, to taste
- 4 tablespoons olive oil, divided
- 6-8 10-inch flour tortillas
- 4 cups finely shredded cheese, taco or Mexican blend without added seasonings

DIRECTIONS

1. In a microwave safe bowl, combine black beans, tomatoes, corn, onions, garlic powder, cumin, salt and 1 tablespoon of olive oil.
2. Microwave for 45 seconds and then stir. Microwave for another 45-60 seconds until heated through.
3. Place remaining oil in a small ramekin to be used with a small pastry brush.
4. If your tortillas are cold or stiff, place on a microwave safe plate and cover with a damp paper towel. Microwave for 30 seconds to soften the tortillas.
5. On a flat surface, prepare one tortilla for cooking. On half of the tortilla, add 2-3 tablespoons of the black bean mixture. Top with approximately 1/2 cup of shredded cheese. Fold over the side without filling and proceed to cook. Prepare the next quesadilla while one cooks.
6. In a large skillet over medium-high heat, brush some oil on the pan to cover the surface.
7. Transfer the folded quesadilla to the hot pan and cook until brown and crispy on one side - about 3-4 minutes. Brush the top of the tortilla with additional oil.
8. Carefully flip the quesadilla over and cook on the other side until toasted spots appear, about 2-3 minutes.
9. Cut into wedges with a knife or pizza cutter and serve. You can keep them warm on plate and loosely cover with foil.
10. Serve with toppings of your choice: salsa, sour cream, guacamole, additional black bean mixture.

