

BLACK BEAN & CORN QUESADILLA

Serving Size: 1/2 quesadilla

Serves: 10

Price per serving: \$0.52



INGREDIENTS

1 (15 ounce) can black beans, rinsed and drained

1/2 (15 ounce) can corn with no salt added, drained

1/2 cup salsa

1 cup shredded cheddar cheese or Mexican blend cheese

Nonstick cooking spray

10 (6-inch) flour tortillas

DIRECTIONS

1. Wash your hands with warm, soapy water for 20 seconds.
2. Mix first four ingredients together in a medium-sized bowl.
3. Spray large skillet with nonstick cooking spray and preheat on medium.
4. Place tortilla in skillet. Spoon 1/4 cup of bean mixture on tortilla and spread evenly leaving 1/2-inch space around edge.
5. Place another tortilla on top. Heat on medium for about 2 minutes. Turn quesadilla over and heat on other side for about 2 minutes. Cheese should melt and bean mixture should be hot.
6. Remove tortilla from pan and cut into four portions.
7. Repeat process with remaining tortillas and bean mixture.

Note:

Talking Points: