

SPICY BLACK BEAN QUESADILLAS

Ingredients

Serves 10 people

- | | |
|---|--------------------------|
| 1 (15 oz) can black beans, rinsed and drained | 1 teaspoon onion powder |
| 1 (15 oz) can corn, rinsed and drained | 1 teaspoon garlic powder |
| 1 cup cheese, shredded | 1 teaspoon chili powder |
| 1 bell pepper, diced (optional) | 10 tortillas |



Directions

1. In a large bowl, add black beans, corn, bell pepper (optional), cheese, and seasonings. Gently stir until everything is evenly combined.
2. Place 1/2 cup of the filling on one side of a tortilla and fold in half.
3. Heat a large nonstick skillet over medium heat. Place two quesadillas in the skillet at a time. Cook until each side is slightly browned and the cheese is melted, about 2 to 3 minutes per side.
4. Slice into triangles and enjoy! This pairs well with salsa.

Nutritional Value

260 Calories	12g Protein
7g Fat	497 mg Sodium
44g Carbohydrates	

Marion County Public Health Department
NUTRITION SERVICES

