



## Black Bean Quesadillas

2 Servings • 1 Serving = 1 Quesadilla

### INGREDIENTS

- 2 Tablespoons extra virgin olive oil, divided
- ½ cup zucchini, diced
- ½ cup tomatoes, diced
- ½ cup spinach
- 2 (10") whole grain tortillas
- ½ cup cheddar or Mexican blend cheese, shredded
- ½ cup black beans, cooked

### DIRECTIONS

1. Add 1 Tablespoon oil to a pan on medium heat. Add the zucchini and sauté for 5-7 minutes. Add tomatoes and spinach and cook until the spinach begins to wilt.
2. Put a tortilla in a plate and sprinkle half the cheese over it. Try not to get the cheese too close to the edge of the tortilla.
3. Top tortilla with half the vegetables and half the black beans, then fold the tortilla over to make a half-moon shape.
4. Put the skillet on the stove and turn the heat to medium. When the skillet is hot, add remaining oil.
5. Carefully add the stuffed tortilla to the skillet and cook until the bottom is lightly browned, and the cheese is gooey, about 2 minutes. Using a spatula, turn the tortilla over and cook for another 2 minutes.
6. Repeat with the remaining tortilla, cheese, vegetables, and black beans.

Nutrition Facts	
2 servings per container	
Serving size 1 Quesadilla	
Amount per serving	
<b>Calories</b>	<b>440</b>
% Daily Value*	
Total Fat 27g	35%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 560mg	24%
Total Carbohydrate 34g	12%
Dietary Fiber 5g	18%
Total Sugars 3g	
Includes 0g Added Sugars	0%
<b>Protein 15g</b>	
Vitamin D 0mcg	0%
Calcium 330mg	25%
Iron 3mg	15%
Potassium 287mg	6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe developed by the San Antonio Food Bank



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