

Black Bean Cheese Quesadilla

24 g carbohydrates | 5.7 g total fat | 12.75 g protein

1 serving = 1 quesadilla | Approximately 197 calories



kay-suh-dee-uh

Have you ever had a quesadilla before? It's originally a dish from Mexico. Quesadillas are great because you can add any ingredients you want to make it unique to you! They are easy to eat and delicious as well.

How many different combinations of ingredients for a quesadilla can you think of?

Food Preparation Materials

Cheese grater
Slicing knife & cutting board
Small bowl
Mixing spoon & spatula
Cooking skillet & non-stick cooking spray
Strainer
Can opener
Measuring cups and spoons

Ingredients- Makes 4 servings

1 cup shredded low-fat cheddar cheese
½ cup black beans
½ cup finely chopped fresh broccoli
2 Tbsp. salsa
4 whole-wheat tortillas

What To Do

1. Shred block of cheese using a cheese grater. Chop broccoli into fine pieces.
2. Drain black beans in a strainer
3. Combine cheese, black beans, broccoli, and salsa in a small bowl; mix well.
4. Spoon ¼ of the cheese mixture onto 1 side of each tortilla; fold tortilla over filling.
5. Spray skillet or grill with non-stick cooking spray and heat over medium heat. Add 2 quesadillas; cook about 2 minutes on each side or until tortillas are golden brown and cheese is melted.
6. Repeat for remaining quesadillas.