Broccoli and Black Bean Quesadilla

Ingredients:

1. cup cooked black beans
2. ¼ cup salsa
3. 4 ounces cheddar cheese (1 cup grated)
4. 1 cup cooked broccoli
5. 1 tablespoon vegetable oil
6. 4 8-inch flour tortillas

Directions:

1. In a large mixing bowl, mash beans.
2. Drain salsa and add to beans.
3. Grate cheese and add to beans.
4. Chop broccoli and add to beans.
5. Heat oil in frying pan on medium.
6. Lay tortilla flat on plate. Using ¼ of bean mixture, fill half of tortilla, folding other half over mixture.
7. Place folded tortilla in pan and cook 3 to 4 minutes, or until lightly browned. Flip and cook second side.
8. Remove from pan and cut in half.
9. Repeat with remaining tortillas.

Yields about 8 servings

Source: Cornell University Cooperative Extension

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This material was funded by USDA’s Food Stamp Program and Expanded Food and Nutrition Education Program.

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