



Broccoli and Black Bean Quesadilla

Ingredients:

- 1 cup cooked black beans
- ¼ cup salsa
- 4 ounces cheddar cheese (1 cup grated)
- 1 cup cooked broccoli
- 1 tablespoon vegetable oil
- 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

Nutrition Facts			
Serving Size ½ tortilla			
Servings Per Recipe 8			
Amount Per Serving			
Calories	160	Calories from Fat	47
% Daily Value *			
Total Fat	5g		8%
Saturated Fat	1.5g		8%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium	300mg		12%
Total Carbohydrate	19g		6%
Dietary Fiber	2g		8%
Sugars	g		
Protein	8g		
Vitamin A	%	Vitamin C	%
Calcium	10%	Iron	8%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
31% calories from fat			



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Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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

