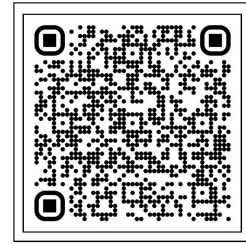


**Cornell University**  
 Cooperative Extension  
 New York City



## 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 flour tortillas, 8 inches each

### 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



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

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## Nutrition Facts

servings per container	
<b>Serving size</b>	<b>1/2 tortilla (89g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>180</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 8g	
Vitamin D 0mcg	0%
Calcium 116mg	8%
Iron 1mg	6%
Potassium 165mg	4%
*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.	