



# BLACK BEAN QUESADILLA

SERVINGS: 4



## INGREDIENTS

- Vegetable oil spray
- ½ cup bell pepper, finely chopped
- ½ cup black beans, cooked or canned
- 1 cup grated cheddar cheese
- 4 corn or whole-wheat tortillas
- ¼ cup salsa
- ¼ cup lettuce, chopped

## RECIPE TIP

ADDING SOUR CREAM OR GUACAMOLE IS A GREAT WAY TO MAKE THIS DISH EVEN BETTER!

## REQUIRED TOOLS



## DIRECTIONS

1. Heat pan over medium heat.
2. Spray pan with vegetable oil and place one tortilla into the pan.
3. Place ¼ of the bell pepper, black beans, and cheese onto the tortilla.
4. When the cheese begins to melt, fold the melted tortilla in half.
5. Press down slightly to seal the sides together, and then flip the quesadilla over to brown both sides.
6. Repeat process with remaining tortillas.
7. Spoon a little salsa and lettuce on top and enjoy.