

Broccoli and Black Bean Quesadilla

Makes: 8 Servings

Ingredients

1 cup black beans, cooked
1/4 cup salsa
1 cup Cheddar cheese, shredded, low-fat
1 cup broccoli, cooked
1 tablespoon vegetable oil
4 8-inch Tortillas

Directions

1. In a large mixing bowl, mash beans.
2. Drain salsa and add to beans.
3. Shred cheese onto waxed paper and add to beans.
4. Wash and chop broccoli. Add chopped broccoli to beans.
5. Heat oil in frying pan on medium.
6. Lay tortilla flat on plate. Fill half of tortilla with 1/4 of bean mixture.
7. Fold other half of tortilla over mixture.
8. Placed folded tortilla in pan and cook 3-4 minutes or until lightly browned.
9. Flip and cook second side in the same manner.
10. Remove from pan and cut in half.
11. Repeat with remaining tortillas.
12. Enjoy!

Notes

Serving Size: 1/2 of an 8" tortilla