

Black Bean Quesadillas

Makes: 6 Servings

Ingredients

- 12 whole wheat tortillas
- 2 **cans** black beans (15 oz)
- 1 **cup** Medium-hot salsa
- 1 **cup** Part-skim mozzarella cheese, shredded

Directions

1. Preheat the oven to 400° F.
2. Shred the cheese and set aside.
3. Drain the beans.
4. Add half of the salsa to half the beans in the food processor, and process together until the mixture is creamy.
5. Add to the whole black beans in a bowl and mix well, so that the mixture is spreadable and resembles refried beans.
6. Lightly spray one side of each tortilla with vegetable oil. Place 6 tortillas on a baking sheet.
7. Spread the tortillas with bean mixture, then 2 tablespoons shredded cheese. Fold each one in half, like a half moon, pat it flat and lay on a baking sheet.
8. When the baking sheet is filled, bake for 15 minutes, or until cheese has melted, and the tortilla is crisp.
9. Cut into wedges and serve with reserved salsa.



Notes

Sligo students taste tested nine new dishes for the Recipes for Healthy Kids Challenge, and black bean

quesadillas came out on the very top. Even students who had not tried the other dishes tried the quesadillas. There were no leftovers.