

# Black Bean Quesadillas

## Ingredients

- 3/4 cup chunky salsa (or Pico De Gallo)
- 1 can 15.5 ounce low-sodium black beans (drained and rinsed)
- 2 cups shredded reduced-fat Colby & Monterey Jack cheese
- 2 tablespoons fresh cilantro (finely chopped-optional)
- 4- 8-inch flour or whole grain tortillas
- 1/2 teaspoon extra virgin olive oil



## Directions

- Using a small-hole strainer, drain liquid from salsa; discard liquid.
- Transfer leftover tomato mixture to a medium bowl. Mix in black beans, cheese, and cilantro until combined.
- Divide black bean mixture evenly over half of each tortilla (about 1/2 cup each).
- Fold tortillas in half.
- Heat large griddle or skillet over medium-high heat. Brush with oil.
- Place filled tortillas on a griddle.
- Cook, carefully flipping once, until tortillas are gold brown and crisp and cheese filling melts, about 5 minutes.
- Cut quesadillas into wedges.
- 

Serves 8

Serving suggestions Brown Rice, Vegetables, and a piece of fruit for dessert.

Source: USDA MyPlate Kitchen; and

[The Best of La Cocina Goya: Healthy, Tasty, Affordable Latin Cooking](#)