

Black Bean and Rice Quesadilla

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Ingredients Needed:

- ½ 15 oz. can black beans rinsed
- ¼ cup shredded low fat cheese
- ¼ cup salsa
- ¼ cup brown rice
- 2-8 inch whole wheat tortillas
- 1 tsp. canola oil



<u>Nutrition Facts:</u>	
Yield	2 servings
Calories	295
Total Fat	4.5 g
Sat Fat	1 g
Sodium	626 mg
Added Sugar	0 g
Fiber	9 g
Vitamin K	10% DV
Potassium	12% DV
Calcium	12% DV
Iron	17% DV
*Nutrition facts are for 1 serving	

Recipe Directions:

- Combine beans, cheese, rice, and salsa in a medium bowl.
- Place tortillas on a work surface. Spread ½ cup filling on half of each tortilla. Fold tortillas in half, pressing gently to flatten.
- Heat 1 tsp. oil in a large nonstick skillet over medium heat. Add 2 quesadillas and cook, turning once, until golden on both sides. (2 -4 minutes total)Repeat with the remaining tsp of oil and quesadillas.
- Serve quesadilla with salsa.