

Black Bean and Rice Quesadilla

Nutrition Facts:	
Yield	2
Calories	575
Fat	4.5 g
Sodium	610 mg

Code
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Ingredients Needed:

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



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.
- Enjoy!