

Black Bean Quesadilla

Yield: 6 servings

Ingredients

2 teaspoon olive oil
 1 (15 oz) can black beans,
 drained and rinsed
 ½ vegetable stock or water
 2 teaspoon cumin, ground
 ½ teaspoon origano, dried
 2 tablespoons cilantro,
 fresh, chopped
 1 bell pepper, green, small dice
 ½ onion, small dice
 2 cloves garlic, minced
 4 oz crimini mushrooms, sliced
 ½ teaspoon salt, kosher
 ¼ teaspoon black pepper,
 ground
 12 corn tortillas
 ⅓ cup cheddar cheese, low-fat,
 shredded

Instructions

1. Preheat oven to 400 degrees.
2. Place 1 teaspoon of olive oil in a medium sauté pan over medium heat, then add the black beans, water, cumin, and oregano. Simmer over medium heat, stirring occasionally.
3. Using a fork, spoon, or potato masher, mash some of the black beans as they cook. As the beans cook add additional water if needed to keep the beans from drying out. Continue to mash the beans, and after 15 minutes the beans will begin to thicken. When beans have thickened, remove and add the cilantro. Set aside.
4. In a bowl, toss peppers, onions, garlic, mushrooms, salt and pepper.
5. While beans are cooking, heat the remaining tsp. of oil in a pan over medium heat. Add vegetable mixture and cook until vegetables are soft, about 4 minutes, stirring often. Set aside.
7. Lay corn tortillas on flat surface, top with 1 ½ teaspoon of cheese, ¼ cup of the bean, ¼ cup of the vegetable mixture, then another 1 ½ teaspoon of cheese finish with another corn tortilla on top.
8. Place quesadillas in a single layer on a sheet tray. Bake in oven until cheese is melted and outside is crisp, about 5 to 8 minutes.

Nutrition Information

Serving Size: 1 quesadilla

Calories: 220
 Total Fat: 4.5 g
 Saturated Fat: 2 g
 Monounsaturated Fat: 1 g
 Sodium: 390 mg
 Total Carbohydrate: 34 g
 Dietary Fiber: 7 g
 Sugars: 1 g
 Protein: 11 g

Source: Health Meets Food



Presented by
Culinary Medicine