

Healthy Black Bean Quesadilla

¼ small onion (chopped fine)

1 clove garlic (chopped fine)

1 tsp. green chilies

2 Tbs. Oil

1/2 cup black beans

1/2 cup diced tomatoes (drained)

1 pinch of salt

Whole Wheat Flour tortillas (2 for each member of your group)

½ Cup cheddar cheese

2 Tbs. Olive oil (in a custard cup)

1. Preheat oven to 400 degrees
2. Gather all ingredients before you start to cook
3. Place oil in a small skillet on the stove with medium high heat. When oil is warm, cook onions and garlic until tender, approximately 3 minutes.
4. Lightly mash black beans with a fork to break up slightly. Add beans and green chilies to the onion mixture and cook for one minute. Then add diced tomatoes and salt and stir for 30 seconds.
5. Remove mixture from heat. Place flour tortillas on a pan, spread out so they can be filled.
6. Fill each Tortilla on one side with ¼ of your onion/bean mixture, sprinkle on the cheese and fold in half.
7. Lightly brush each side of folded tortillas with olive oil and bake for 8 minutes until the cheese is melted and the shell is light brown.
8. Cut into 3 wedges and eat.