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Fresh Taste for Seniors

Black Bean Quesadillas

Ingredients:

- 1 can (about 15 ounces) low-sodium black beans, drained and rinsed
- ½ cup shredded cheese of your choice (like queso fresco or cheddar)
- ½ cup homemade pico de gallo (or store-bought salsa, no sugar added)
- Eight 6-inch corn tortillas
- Salt and pepper, to taste
- 2 teaspoons canola oil
- 1 ripe avocado, chopped

Makes: 4 servings

Directions:

1. Warm beans in a small pot over medium heat.
2. Combine the beans, cheese, and ¼ cup of the salsa in a bowl.
3. Place tortillas on a clean surface. Spread 1/4 cup filling on one tortilla. Place another tortilla on top, pressing gently to flatten.
4. Heat 1 teaspoon of the oil in a large skillet over medium heat. Add 2 quesadillas and cook, flipping once, until golden, 3 to 5 minutes.
5. Keep cooked quesadillas warm on a plate, covered loosely with foil. Repeat with remaining quesadillas.
6. Serve with chopped avocado and the rest of the salsa.

Adapted from www.eatingwell.com/recipe/250108/black-bean-quesadillas



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