



# BLACK BEAN QUESADILLAS

Enjoy a quesadilla any night of the week! This quesadilla recipe can be served as a tasty lunch or as a side dish at dinner.

**Preparation time:** 15 minutes

**Serves:** 8 (as a side dish)

## INGREDIENTS:

- $\frac{3}{4}$  cup chunky salsa or Pico de Gallo
- 1 can (15.5 oz.) low-sodium black beans, drained and rinsed
- $\frac{1}{2}$  cup shredded reduced-fat Colby & Monterey Jack cheese
- 2 tbsp finely chopped fresh cilantro
- 4 8" flour tortillas
- $\frac{1}{2}$  tsp extra virgin olive oil

## DIRECTIONS:

1. Using small-hole strainer, drain liquid from salsa; discard liquid. Transfer leftover tomato mixture to medium bowl. Mix in black beans, cheese and cilantro until combined.
2. Divide black bean mixture evenly over half of each tortilla (about  $\frac{1}{2}$  cup each). Fold tortillas in half.
3. Heat large griddle or skillet over medium-high heat. Brush with oil. Place filled tortillas on griddle. Cook, carefully flipping once, until tortillas are golden brown and crisp and cheese filling melts, about 5 minutes. Cut quesadillas into wedges.

## Serving Suggestions:

For a wholesome dinner, serve with Tasty Lemon and Herb Chicken, Brown Rice with Vegetables, and a piece of fruit for dessert.

\* This is an adapted Goya recipe. Find original recipes in the cookbook *The Best of La Cocina Goya: Healthy, Tasty, Affordable Latin Cooking*. Photo credit: Goya.



Food Group Amounts	
Dairy	--
Fruits	--
Vegetables	--
Grains	1 oz
Protein	0.5 oz

## Nutrition Facts

Serving Size (119g)  
Servings Per Container

Amount Per Serving

**Calories 160**    **Calories from Fat 40**

% Daily Value\*

<b>Total Fat</b> 4.5g	<b>7%</b>
<b>Saturated Fat</b> 1.5g	<b>8%</b>
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 490mg	<b>20%</b>
<b>Total Carbohydrate</b> 25g	<b>8%</b>
<b>Dietary Fiber</b> 4g	<b>16%</b>
<b>Sugars</b> 2g	

**Protein** 7g

Vitamin A 2%    •    Vitamin C 2%  
Calcium 15%    •    Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



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