



Cost: 

Ease:



Health Benefit: This meal is both protein-packed and fiber filled to keep you feeling fuller for longer!

Like grilled cheese, quesadillas can be an easy quick meal, allowing everyone in the family to put whatever toppings they want, as well as keeping things light and healthy!

Quick Quesadillas

Ingredients:

Whole grain tortilla
½ cup cheddar or mozzarella cheese
¼ cup black beans, rinsed and drained
1 tbsp red pepper, chopped
2 cherry tomatoes, thinly sliced
1 tsp olive oil
1 tbsp cilantro (optional)

Directions:

1. Heat a skillet over medium heat; Warm the tortilla for about 15 seconds on each side; After warming both sides, sprinkle half of the cheese onto one side of the tortilla; Fill the tortilla with the rest of the fillings: beans, pepper, tomato, and cilantro
2. Sprinkle the remaining cheese over the fillings and fold tortilla in half
3. Lightly brush the top of the tortilla with the olive oil, then flip with a spatula; Allow to cook until bottom gets crispy (but avoid burning)
4. Brush the second side with olive oil; Flip and cook until bottom is crispy (avoid burning)
5. Transfer to plate and let cool before cutting
6. Serve with your choice of sauce or dip
7. Enjoy!

Cookware needed:

Medium skillet