



Veggie Quesadillas

Ingredients

- 2 tortillas, corn or whole wheat
- ¼ cup cheese
- ½ bell pepper
- ¼ cup tomatoes
- ¼ cup canned corn
- ¼ cup black beans

Directions:

1. Add olive oil to a pan over low heat; Heat 1 tortilla
2. Add a thin layer of cheese, followed by beans, tomatoes, peppers, onions, and corn; Allow to warm
3. Place another tortilla on top, using a spatula to press down flat
4. Allow to cook so the cheese melts and the tortilla gets browned
5. Remove from heat; Slice into four triangles and serve

Equipment

Frying pan
Spatula



Cost: 

Ease: 

Health Benefit: Beans are a great source of fiber and protein to help keep you fuller for longer. Veggies are also a great source of fiber.