

RECIPE: Black Bean and Corn Quesadillas

PREP TIME: 5 minutes

SERVINGS: 4 servings

INGREDIENTS:

- ~ 1 can of black beans, drained and rinsed
- ~ 1 can of corn, drained
- ~ 1/2 packet of taco seasoning
- ~ 8 medium size tortillas
- ~ 2 cups of shredded cheese (I recommend fiesta blend.)
- ~ Optional: sour cream and salsa for dipping

DIRECTIONS:

1. Place black beans and corn in a medium sized bowl. Sprinkle taco seasoning and stir to combine.
2. Assemble the quesadillas. Place a tortilla flat on a plate. Spread 1/4 of the corn and bean mixture evenly over the tortilla. Top with 1/2 cup of shredded cheese. Place another tortilla on top.
3. Heat in microwave until cheese is melted.
4. Repeat steps 2 and 3 for the rest of the quesadillas.