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Black Bean and Vegetable Quesadillas

Ready In: 45 minutes

Serves: 6

Load up your quesadilla with beans and veggies for a cheesy, satisfying meal.

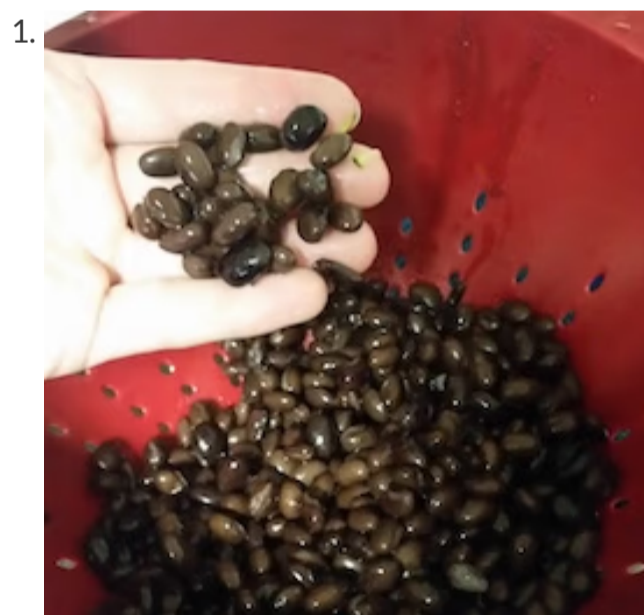
Ingredients

- » 15 ounces Black Beans *canned, no salt added*
- » 2 Zucchini *medium*
- » 4 cups Spinach *Fresh*
- » 1 cup Corn *canned, fresh*
- » 4 ounces Cheddar Cheese *low-fat*
- » 1 tablespoon Canola Oil
- » $\frac{1}{2}$ teaspoon Cayenne Pepper *ground*
- » 2 teaspoons Water
- » $\frac{1}{2}$ teaspoon Black Pepper *ground*
- » 6 Tortillas *Whole wheat flour, 8-inch*
- » 3 tablespoons Parsley *fresh, chopped (optional)* or 3 tablespoons Cilantro *fresh, chopped (optional)*

What you'll need

- » Grater
- » Colander
- » Fork
- » Measuring spoons
- » Spatula or spoon
- » Can opener
- » Cutting board
- » Large pan with lid
- » Medium bowl
- » Sharp knife

Directions



In a colander, drain and rinse black beans.



Rinse zucchini. Cut into thin slices or shred with a grater.



Rinse and chop fresh spinach. If using fresh parsley or cilantro, rinse and chop now.





If using fresh corn, peel. Use a knife to cut corn kernels off of the cob. If using canned corn, drain.



Grate cheese.



In a large skillet over medium-high heat, heat oil. Add zucchini and cayenne pepper. Cook until zucchini is semi-soft, about 5 minutes.



Add corn and spinach. Cover and cook until tender, stirring a few times, about 5 minutes more. Remove from heat.



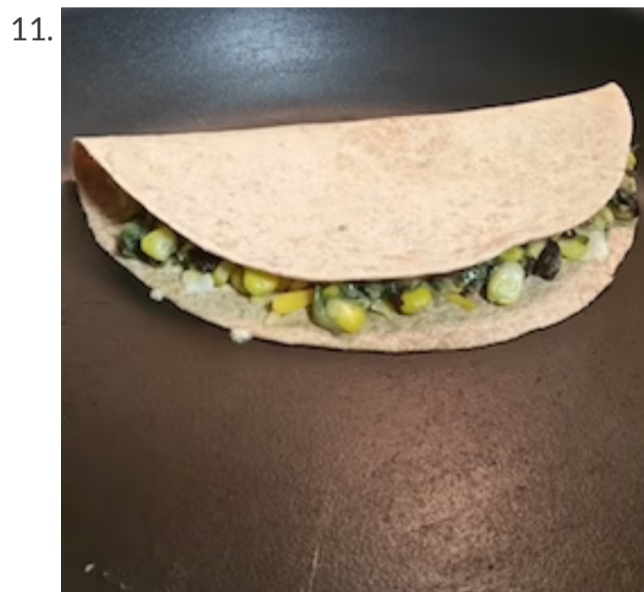
Add black beans to the veggie mixture. Stir to combine. Smash beans lightly with a fork. Add 1-2 teaspoons water to make a bean-and-veggie paste.



Season mixture with black pepper. If using parsley or cilantro, add now. Transfer mixture to medium bowl. Reserve skillet.



Spread vegetable mixture evenly on half of each tortilla. Fold tortillas over. Press lightly with spatula to flatten.



Spray skillet lightly with non-stick cooking spray. Heat over medium-high heat. Add one folded tortilla. Cook about 4 minutes per side, or until both sides of tortilla are golden brown. Repeat until all quesadillas are cooked.



Cut each quesadilla into 2 wedges. Serve while hot.

Storage Tips

- » Store in the fridge and then pop in the microwave or oven to reheat.
- » Use the remaining beans in a soup or to top a salad.

Chef's Tips

- » Add your favorite veggies to the filling. In place of zucchini and spinach, use up leftover cooked veggies like collards, squash, or bell peppers.
- » Use any type of bean that you have on hand.
- » To cut costs, use frozen spinach. Defrost, drain, and squeeze completely dry before adding.
- » Top with low-fat yogurt or salsa.

Nutrition Facts	
Serving Size 1.00 piece	
Serving Per Container 6	
Amount Per Serving	
Calories 250	
	% Daily Value*
Total Fat 6 g	8%

Amount Per Serving	
Saturated Fat 1 g	5%
Sodium 500 mg	22%
Total Carbohydrate 37 g	13%
Dietary Fiber 7 g	25%
Protein 13 g	

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