

Quick Black Bean Quesadillas

Cooking Instructions

1. Add 1 tablespoon olive oil to pan. Chop onion and bell pepper and sauté until soft, about 5 minutes.
2. Drain and rinse black beans, add to onions and bell pepper. Add garlic powder, chili powder, salt, and pepper. Stir for 1 minute. Remove from heat. Squeeze juice from 1 lime into mix and stir.
3. Place a wide pan over low to medium heat. Place one tortilla in the pan and sprinkle lightly (about 1/3) cup with cheese. Add black bean mixture to one half and cook on low for a few minutes. Add sliced avocado and cilantro on top of bean mixture. Fold over in half. Cook one side about 1-2 minutes then flip until warm. Don't overcook avocado or it will get mushy.
4. Cut up remaining lime and squeeze over top. Top quesadilla with any toppings. Serves 4-6.

Recipe

- 1 tablespoons olive oil
- 1 small onion
- 1 small bell pepper
- 1 can black beans
- 1 tsp garlic powder
- 2 tsp chili powder
- Salt
- Pepper
- 2-3 cups Mexican blend cheese
- 4-6 whole wheat tortillas
- 2 limes
- ½ cup chopped cilantro
- 1 avocado
- Optional Toppings – avocado, salsa, lime, cheese, cilantro, or sour cream

Grocery List – Add optional ingredients as desired

Produce

- 1 small onion
- 1 small bell pepper
- 2 limes
- Cilantro
- Optional: Salsa

Canned Goods

- 1 can no salt added black beans
- Package of whole wheat tortillas

Pantry

- salt
- pepper
- olive oil
- garlic powder
- chili powder

Dairy

- 1 package Mexican shredded cheese