

# Black Bean and Vegetable Quesadillas

Chef Deborah Kelly • Chicago, Ill.

Serves 6, 1 folded quesadilla per serving  
Prep time: 25 minutes • Cook time: 20 minutes



## Ingredients

½ (15½-ounce) can black beans,  
no salt added  
2 medium zucchini  
1 bunch fresh spinach (about 4 cups)  
1 ear fresh corn or 1 cup  
canned corn  
4 ounces low-fat cheddar cheese  
1 Tablespoon canola oil  
Pinch ground cayenne pepper  
1–2 teaspoons water  
½ teaspoon ground black pepper  
6 (8-inch) whole wheat flour  
tortillas  
Non-stick cooking spray

### Optional Ingredients

3 Tablespoons fresh parsley  
or cilantro

## Materials

Box grater • Can opener •  
Colander • Cutting board • Fork •  
Large skillet with lid • Measuring  
spoons • Medium bowl • Rubber  
spatula • Sharp knife

## Directions

✎ = Have kids help with the steps  
marked with the “little helping hand”!

- ✎ 1. In a colander, drain and rinse black beans.
- ✎ 2. Rinse zucchini. Cut into thin slices or shred with a grater.
- ✎ 3. Rinse and chop fresh spinach. If using fresh parsley or cilantro, rinse and chop now.
  4. If using fresh corn, peel. Use a knife to cut corn kernels off of the cob. If using canned corn, drain.
- ✎ 5. Grate cheese.
6. In a large skillet over medium-high heat, heat oil. Add zucchini and cayenne pepper. Cook until zucchini is semi-soft, about 5 minutes.
7. Add corn and spinach. Cover and cook until tender, stirring a few times, about 5 minutes more. Remove from heat.
8. 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.
9. Season mixture with black pepper. If using parsley or cilantro, add now. Transfer mixture to medium bowl. Reserve skillet.
- ✎ 10. Spread vegetable mixture evenly on half of each tortilla. Top with cheese. Fold tortillas over. Press lightly with spatula to flatten.
11. 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.
12. Cut each quesadilla into 2 wedges. Serve while hot.

## Nutrition Facts

Serving Size 1 folded quesadilla  
Servings Per Recipe 6

Amount Per Serving

Calories 250    Calories from Fat 60

% Daily Value\*

Total Fat 7g    9%

Saturated Fat 2g    10%

Trans Fat 0g

Cholesterol 5mg    2%

Sodium 360mg    16%

Total Carbohydrate 36g    13%

Dietary Fiber 4g    14%

Sugars 5g

Protein 12g

Vitamin A 45%    • Vitamin C 15%

Calcium 15%    • Iron 15%

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

## Chef's Notes

- Add your favorite veggies to the filling. In place of zucchini and spinach, use up leftover cooked veggies like collards, squash, or bell peppers.
- To cut costs, use frozen spinach. Defrost, drain, and squeeze completely dry before adding.
- When selecting whole wheat tortillas, compare Nutrition Facts labels and look for options lower in sodium and saturated fat and with no trans fat.
- Top with low-fat yogurt or salsa.
- Use the remaining beans in a soup or to top a salad.

# Make Food Fun! – Black Bean and Vegetable Quesadilla

Easy and fast tips for making food fun for kids.



Serve the quesadilla with a "dip" - smashed avocado or seasoned yogurt.

## Tips and Tricks:

Substitute frozen spinach for fresh to save money, or if you won't use up the fresh spinach in other ways.

## Tips and Tricks:

Use any veggies you like. Quesadillas are great for throwing in leftover veggies too.

Cut the quesadilla into different shapes. Try cutting strips instead of triangles. You can use a pizza cutter or cookie cutters to let kids help with cutting.



Use a muffin tin to make quesadilla "cups". Just press the tortilla into the muffin tin, top with ingredients and bake.

## Tips and Tricks:

Store tortillas in the freezer so you always have some on hand for quick recipes.

