

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.

Follow-Along Recipe – Black Bean and Veggie Quesadillas



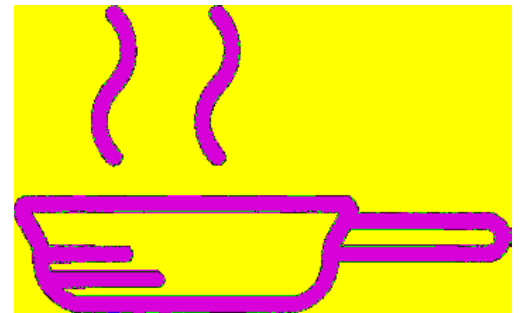
Drain and rinse canned ingredients



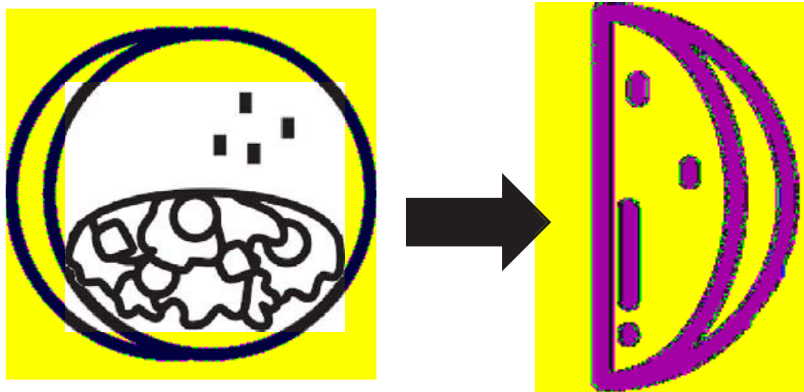
Chop the produce



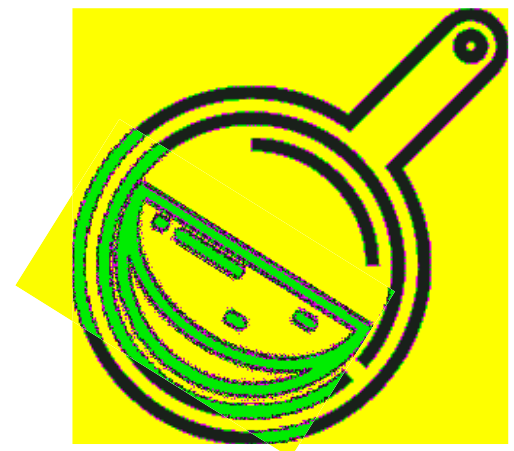
Grate the cheese



Cook the veggie and bean mixture



Fill tortillas with veggies, beans,
and cheese and fold in half



Cook the quesadillas in a
skillet, 2 minutes each side