

"Easy" Black Bean Quesadilla



Ingredients:

- 1 can (540 ml) petit cut or diced tomatoes, well drained
- 1 cup of black beans, rinsed and drained
- 1 cup shredded light cheddar cheese
- $\frac{3}{4}$ cup of corn (fresh off the cob or frozen & thawed)
- $\frac{1}{4}$ cup of chopped green onions
- 3 tbsp chopped cilantro
- 1-2 cloves minced garlic
- Dash of crushed chili peppers
- Dash of black pepper
- 4 large tortilla shells

Instructions

Preheat oven to 350 degrees Fahrenheit. Combine all ingredients (except cheese & tortilla shells) in a medium bowl. Place an equal amount of the mixture on each tortilla shell and sprinkle with cheese. Fold each tortilla in half, creating a half-moon shape. Place onto a non-stick baking sheet and bake for 10-12 minutes. Then, set oven to broil for 1-2 minutes to brown the top. Remove from oven, cut into triangles and enjoy! Serves 4.

In motion Nutrition - Tasty Tip:

Black beans are low in fat, high in fibre and are a good source of protein!