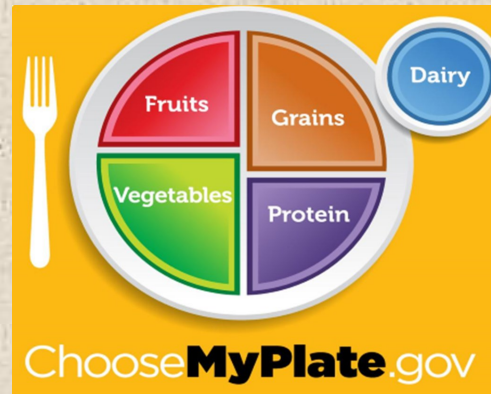


# Black Bean & Corn Quesadillas

## Ingredients

- 2 (15 oz) cans **black beans\***
- 2 cups **corn\***
- 2/3 cup salsa
- 4 teaspoon taco seasoning
- 1/2 cup cilantro
- 2 cups **cheese\***
- 16 **whole wheat tortillas\***



## Food items available in our store

## Steps

1. In a medium bowl, mix together beans, corn, salsa, taco seasoning and cilantro
2. Preheat a large skillet over medium low heat, spray with cooking spray. Place one tortilla in the pan. Scoop 1/2 cup of bean mixture onto the tortilla in the pan. Sprinkle 1/4 cup cheese over the bean mixture, and place second tortilla on top of the cheese. Press down on top tortilla lightly with the back of your spatula, so the cheese melts the tortillas together. When bottom tortilla begins to brown, flip quesadilla over until both sides are browned and crispy. Take out of skillet and cut into wedges.

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