

BLACK BEAN AND PINEAPPLE QUESADILLAS

Makes 8 servings

Each serving has 200 calories, 4 grams (g) fat, 11 g protein, 34 g carbohydrate, 17 g fiber, and 280 milligrams (mg) sodium.

- 1 (15-ounce) can black beans, drained and rinsed
- 1 (8-ounce) can crushed pineapple, drained
- 6 Tbsp. salsa
- 2 to 3 Tbsp. cilantro, chopped (optional)
- 8 tortillas, whole wheat (8-inch)
- 1 c. cheddar cheese, shredded

Drain and rinse beans, then combine beans, pineapple, salsa and cilantro in a medium bowl. Spread $\frac{1}{2}$ cup of bean mixture on one tortilla and sprinkle with $\frac{1}{4}$ cup of cheese. Top with another tortilla and place in a nonstick skillet. Cook on medium-high heat for one to two minutes or until the cheese starts to melt and bottom tortilla starts to brown. Flip quesadilla. Cook for another one to two minutes or until bottom tortilla browns. Repeat steps 2 to 4 until all quesadillas are done (if using a large skillet, you can make two at a time). Cut each quesadilla in six wedges.

