

## Mexican Style Quesadilla

Featured in: Prairie Fare  
2012 ND EFNEP/FNP Calendar

### Ingredients:

- 1 (15 ounce) can black beans, drained and rinsed
- ½ c. shredded Monterey Jack and Pepper Jack cheese
- 1 c. roma tomatoes, diced
- 4 (8-inch) whole-wheat tortillas
- 2 tsp. canola oil, divided
- 1 ripe avocado, diced (optional)



### Directions:

1. Combine beans, cheese and ¼ cup tomatoes in a medium bowl. Place tortillas on work surface. Spread ½ cup filling on half of each tortilla. Fold tortillas in half, pressing gently to flatten.
2. Heat 1 tsp. oil in large non-stick skillet over medium heat. Add two quesadillas and cook, turning once, until golden brown on both sides, two to four minutes total. Transfer to a cutting board and cover with foil or a plate to keep warm. Repeat with the remaining 1 tsp. oil and quesadillas. Serve the quesadillas with avocado (optional) and the remaining tomatoes.

*Makes 4 servings. Per serving (without avocado): 320 calories, 13 grams (g) fat, 14 g protein, 38 g carbohydrate, 7 g fiber, and 560 mg sodium.*

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SERVICE

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