

Black Bean and Corn Quesadilla



SERVES:
1



TOTAL TIME:
10 minutes



ESTIMATED COST:
\$0.90

INGREDIENTS

- 1 whole wheat tortilla,
- 3 tablespoons canned black beans, drained and rinsed,
- 2 tablespoons frozen corn, thawed,
- 2 tablespoons shredded cheddar,
- A pinch of cumin and garlic powder,
- Small container of salsa for dipping



Simple, flavorful
and perfect for a
quick lunch!

INSTRUCTIONS

- 1 Sprinkle half the cheese across one half of the tortilla.
- 2 Add the black beans and corn, a pinch of cumin and garlic powder, then the rest of the cheese.
- 3 Fold the tortilla in half.
- 4 Cook in a dry skillet over medium heat for 2 to 3 minutes per side until the cheese melts and the tortilla is lightly golden.
- 5 Let it cool completely before packing. Slice into triangles.

