

Black Bean Quesadillas



Serves:
4



Total Time:
20 minutes



Estimated Cost:
\$0.85 per serving

Ingredients

- 1 can black beans, drained and rinsed,
- 1 cup shredded cheddar or Mexican blend cheese,
- 4 large flour tortillas,
- 1/2 tsp cumin,
- 1/4 tsp garlic powder,
- Salsa and sour cream for serving

Instructions

- ① Mash the beans with a fork in a bowl. Season with cumin, garlic powder, and a pinch of salt.
- ② Spread the mashed beans over half of each tortilla, then top with a handful of cheese.
- ③ Fold the tortillas over.
- ④ Cook in a dry skillet over medium heat for 2 to 3 minutes per side until golden and the cheese is melted.
- ⑤ Cut into wedges and serve with salsa.