

# Black Bean Quesadillas

Recipe and Image from Blueprint Nutrition

## Ingredients

- 1 can black beans, drained and rinsed
- 1 package tortillas
- 1 jar of salsa
- 1/2 cup of shredded cheese (your choice)
- Optional toppings: green onions, cilantro, avocado, Greek yogurt)

**Tip:** This recipe makes 4 servings so save your leftovers for the next day!



## Directions

1. Open the can of beans. Drain the excess liquid and rinse under running water for 30 seconds.
2. Add the beans to a large bowl. Smash the beans until they are mushy with some whole beans left for texture.
3. Add 1/2 cup salsa to the beans and mix well.
4. Grate the cheese. Set aside.
5. Put one tortilla on a flat surface and spread 1/2 cup of bean mixture onto half of the tortilla. Top with cheese. Fold the other half of the tortilla over and press gently.
6. Cooking Options:
  - a. Bake at 375 degrees Fahrenheit for about 15-20 minutes, OR
  - b. Fry each side in a frying pan with a small bit of oil until golden brown (2-3 minutes per side)
7. Cut into wedges, add your choice of toppings, and enjoy!