

Bean and Vegetable Quesadilla

30 Minutes or Less

High Fiber - Whole Grain - Vegetarian

Ingredients

Servings: 4

Prep Time: 10 minutes

Cook Time: 20 minutes

- 1 **bell pepper**, sliced
- 1 small **onion**, sliced
- 1 1/2 tsp **cumin**
- 1/4 cup **cheddar cheese**, shredded
- 1 cup **black beans**, mashed
- 1 tsp **garlic powder**
- 1 1/2 tsp **paprika**
- 8 **whole wheat tortillas**
- 1 tsp **oil** or **cooking spray**

Directions

1. Sauté onion, pepper, and garlic in a medium size pan until soft.
2. Add mashed black beans and spices. Heat until warm.
3. Spread bean mixture over tortilla, then top with cheese, pepper, and onion.
4. Top with second tortilla.
5. Heat a pan on medium high heat and spray with nonstick cooking spray or oil.
6. Brown quesadilla for about 1 minute on each side, until the inside is warm, and the cheese is melted.

Recipe adapted from Feeding PA