BLACK BEAN QUESADILLAS

Try this healthy twist on a classic food that everyone loves! Bring it to your next party or set it out as an appetizer for the big game; everyone is sure to love it!

Ingredients:

- 1 15-ounce can black beans, rinsed
- ½ cup shredded Monterey Jack cheese
- ½ cup prepared fresh salsa
- 4 8-inch whole-wheat tortillas
- 2 teaspoons canola oil, divided
- 1 ripe avocado, diced



Directions:

1. Combine beans, cheese and ¼ cup salsa in a medium bowl.
2. Place tortillas on a work surface.
3. Spread ½ cup filling on half of each tortilla.
4. Fold tortillas in half, pressing gently to flatten.
5. Heat 1 teaspoon oil in a large nonstick skillet over medium heat.
6. Add 2 quesadillas and cook, turning once, until golden on both sides, 2 to 4 minutes total.
7. Transfer to a cutting board and tent with foil to keep warm. Repeat with the remaining 1 teaspoon oil and quesadillas. Serve the quesadillas with avocado and the remaining salsa.

Per serving: 375 calories; 16 g fat(4 g sat); 10 g fiber; 45 g carbohydrates; 13 g protein; 89 mcg folate; 13 mg cholesterol; 6 g sugars; 0 g added sugars; 182 IU vitamin A; 7 mg vitamin C; 241 mg calcium; 3 mg iron; 608 mg sodium; 486 mg potassium

Check out this week's recipe here:
http://www.eatingwell.com/recipe/250108/black-bean-quesadillas/print/