



# Black Bean Quesadilla with Corn, Avocado, and Tomato Salad

Prep time: **15** MINUTES

Cook time: **15** MINUTES

Servings: **4**



## Nutrition Facts

4 servings per container  
Serving size **1/4 recipe (412g)**

Amount per serving  
**Calories 510**

% Daily Value\*

<b>Total Fat</b> 24g	<b>31%</b>
Saturated Fat 7g	<b>35%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 760mg	<b>33%</b>
<b>Total Carbohydrate</b> 57g	<b>21%</b>
Dietary Fiber 11g	<b>39%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 20g	
Vitamin D 0mcg	0%
Calcium 464mg	35%
Iron 3mg	15%
Potassium 852mg	20%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Scan code for a video of how to make this recipe!



## Ingredients:

- 1 cup canned corn kernels (drained)
- 1 medium avocado
- 1 medium cucumber
- 1 cup cherry tomatoes
- 1 medium lemon
- ½ small red onion
- 3 tablespoons olive oil
- ½ cup chunky salsa
- 1 (15.5 oz) can low-sodium black beans
- 1 cup shredded reduced-fat Colby and Monterey jack cheese
- 4 tablespoons fresh cilantro
- 4 (8-inch) flour tortillas
- 1 clove garlic
- ½ teaspoon salt

Recipe adapted from USDA Mixing Bowl





# Instructions:



## 1. Prep

Thoroughly rinse fresh produce. Cut the cucumber and red onion into small dice. Slice the tomatoes and lemon in half. Finely chop the cilantro. Remove the avocado's peel and seed and cut the avocado into medium dice. Mince the garlic clove. Drain corn and black beans. Rinse the black beans.



## 2. Make corn, avocado, and tomato salad

To a large bowl, add the avocado, cucumber, tomatoes, red onion, and corn. Carefully juice the lemon into the avocado mixture. Remove any seeds. Add 1 tablespoon olive oil, garlic, and salt.



## 3. Make the filling

Mix the black beans, cheese, cilantro, and salsa in a medium bowl and set aside.



## 4. Assemble quesadilla

Spread about ½ cup of the black bean mixture on half of the tortilla. Fold tortillas in half and set aside. Repeat this step for the remaining tortillas.



## 5. Cook quesadilla

Heat 2 tablespoons olive oil in a large skillet over medium-high heat. Place filled tortillas in skillet. Cook for 3 minutes per side or until tortillas are golden brown and cheese filling melts. Repeat for the remaining filled tortillas.

## 6. Final touches

Cut quesadillas into wedges and serve with corn, avocado, and tomato salad.

## Did you know ?

- » Black beans are a good plant-based protein.
- » Reduced-fat cheese offers good flavor with less saturated fat.

## Try these tips!

- » Avocados have one large seed in the middle; carefully remove it with a knife or spoon.
- » Squeeze the lemon over a slotted spoon to separate the seeds from the juice.