Broccoli & Black Bean Quesadillas

Ingredients:
- 1/2 cup black beans, canned
- 1/2 cup broccoli, chopped
- 2 Tablespoons onion, chopped
- 2 Tablespoons low-fat cheddar cheese, shredded
- 2 Tablespoons salsa
- 2 teaspoons canola oil
- 2, 8-inch whole wheat tortillas

Directions:
1. Open canned beans and drain liquid. Place in colander, drain and rinse under tap water until water runs clear. Place beans in mixing bowl, mash, and set aside.
2. Wash and chop broccoli. Use broccoli florets and stalks. Remove outer layer of thick stalks with a vegetable peeler.
3. Chop onion and grate cheese.
4. Heat 1 teaspoon oil in frying pan on medium high heat. Add broccoli and onions. Stir-fry 5 – 8 minutes, or until broccoli is just tender crisp.
5. Add cooked broccoli to beans and stir. Add cheese and salsa, mixing to combine all ingredients.
6. Lay one tortilla flat on plate. Place half the broccoli mixture on one half of tortilla. Fold the tortilla in half so the mixture is covered completely. Repeat with second tortilla.
7. Heat another teaspoon of oil in frying pan on medium high heat. Place one folded tortilla in pan; cook 3 to 4 minutes, or until lightly browned. Using a spatula, flip and cook second side, brown, and remove.
8. Repeat with remaining tortilla, adding oil as needed.

Yields about 2 servings

Source: Cooking Up Fun! Vary Your Vegetables, Session 4B

Nutritional analysis done using low-fat cheddar cheese

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.