Broccoli and Black Bean Quesadilla
Makes 8 quesadillas (half tortilla each)

Ingredients:
1 cup cooked black beans (½ can)
¼ cup salsa
1 cup grated low fat cheese (4 ounces)
1 cup cooked broccoli
Cooking spray
4 8-inch whole wheat tortillas

Directions:
1. Mash beans in a large mixing bowl.
2. Drain salsa and add to beans.
3. Grate cheese and add to beans.
4. Chop broccoli and add to beans.
5. Coat pan with cooking spray.
6. Lay tortilla flat on plate, fill half tortilla with ¼ bean mixture. Fold other half over mixture.
7. Place folded tortilla in pan and cook 3 to 4 minutes, or until lightly browned. Flip and cook second side.
8. Remove from pan and cut in half.
9. Repeat with remaining tortillas.

Variation: Use 2 cups (1 15-oz can) of the black beans instead of just 1 cup.