

Spinach, Black Bean Cheesy Quesadillas

Adapted from Cookie and Kate | Hosted by Joelle Victoriano, Health Promotion Assistant

Yield: 4 quesadillas

Prep Time: 5 min

Cook Time: 5 min

Total Time: 10 min

Ingredients

- Olive oil
- ¼ yellow onion
- 6 oz spinach
- Salt and pepper
- 4 whole wheat tortillas
- 1 can of black beans
- 1.5 cups shredded cheddar cheese
- 1-2 avocados
- Jarred Salsa



Instructions

1. Dice onion and add to skillet with a drizzle of olive oil. Cook until fragrant (about 5 minutes). Add in spinach, season with salt and pepper and cook for additional 3 minutes until spinach is wilted. Remove from pan and place in bowl.
2. Place tortilla in warmed skillet. Sprinkle ¼ c of cheese on half of the tortilla. Top with spinach mixture, ¼ c beans, avocado slices, salsa, and top with remaining sprinkle of cheese. Press empty side of tortilla over.
3. Flip quesadilla and cook on both sides until tortilla is browned and cheese is melted.
4. Remove from pan and enjoy!