

Kitchen Sink Quesadillas

Adapted from RealSimple.com

Serves 4.

INGREDIENTS

- 1 – 15.5oz can black beans (drained)
- 1 – 11 oz can corn (drained)
- 1 cup chopped tomatoes
- ¼ cup chopped red onion
- 2 Tbsp. chopped cilantro
- Flour tortillas (try whole wheat tortillas if available)
- Shredded cheese (try Cheddar and Monterey Jack)
- Olive oil
- Salt & Pepper

MATERIALS NEEDED

- 1 pan
- Measuring cup
- Can opener
- Cutting board
- Knife
- Serving utensils
- Eating utensils
- Plates

COOKING INSTRUCTIONS

1. Chop tomatoes, red onions, and cilantro.
2. Mix black beans and corn into the tomato, red onion, and cilantro mixture.
3. Add salt and pepper to taste. Set mixture aside.
4. Lightly coat pan with olive oil.
5. Place one tortilla down on the pan.
6. Sprinkle with cheese mixture and add bean mixture.
7. Place another tortilla on top.
8. Brown on one side until cheese begins to melt (about 2-3 minutes).
9. Flip over to brown the other side.
10. Remove from pan. Cut into 6 pieces and serve.