



Black Bean & Corn Quesadillas

Ingredients:

- 1 pkg flour tortillas
- 1 15oz can black beans
- 1 15oz can petite diced tomatoes, drained (regular diced will do too, but the petite diced cook faster and almost melt into the filling, plus they are easier for little mouths to chew)
- 1 1/2 cup frozen corn
- 1/2 jalapeno, minced
- 1/2 red onion, minced
- 1/4 red pepper, minced
- 1 tbsp garlic, minced
- 1 zucchini, grated
- 3 tbsp taco seasoning (or: 1 tbsp chili powder, 1 tbsp cumin, 1 tsp paprika, 2 tsp garlic powder, 1 tsp onion powder, 2 tsp salt, 1 tsp black pepper and 1 tsp oregano)
- 2 cups shredded cheddar cheese

Directions:

Measure out and prepare all of your ingredients – I think that this is the most important part in cooking. The pro's call it mis en place. But, having all of your ingredients ready to just toss into the pan makes cooking quicker and easier.

Add 2 tbsp olive oil to a large skillet, over medium-high heat and heat until shimmering. **Add onion, jalapeño and red bell pepper.** Stir to coat the veggies in oil, and cook until the onions start to become translucent – about 5–8 minutes. **Add tomatoes and zucchini** to other veggies and stir to combine. Cook an additional 5 minutes, until the zucchini starts to soften. **Add taco seasoning, black beans and corn** reduce heat to medium, and stir to combine. Cook, stirring frequently for 10 minutes. The black beans will soften, and the liquid will thicken.

Remove from heat once your vegetables are softened, and the beans are warmed throughout. Get ready to make the quesadillas.

Making Black Bean & Corn Quesadillas:

Heat a non-stick pan or a griddle over medium-high heat and spray with Pam or brush with cooking oil.

Place one flour tortilla in the pan, and **add a small hand full of cheese to half of the tortilla.**

Add 1/4 cup of Black Bean and Corn filling, and smooth out to make sure that the filling is even across the tortilla half. Top black bean and corn filling with half a handful of shredded cheese.

Using tongs, carefully fold the top of the tortilla over, and press down to close. Cook for 3-5 minutes, or until the tortilla moves freely from the pan. This is the hardest part of making these quesadillas – waiting. When using a non-stick pan, it will let you know when it is ready, because if you just swirl the pan around, the tortilla will move freely. Once it moves freely, **flip tortilla over and cook an additional 3-5 minutes** on the other side.

Remove from heat, and transfer to a cutting board. **Allow to cool 1-2 minutes, and using a pizza cutter, slide into equal size pieces.**