

# BLACK BEAN QUESADILLAS



Total Time: 25 minutes



Servings: 4

## Ingredients:

- 1 15 oz can of black beans
- ¼ cup finely grated carrots
- ¼ cup finely chopped spinach
- 2 tablespoons jarred salsa
- 4 large whole wheat tortillas
- 1 cup grated cheese
- 1 tablespoon of olive oil

## Instructions:

1. Drain and rinse canned black beans in a colander, removing any excess water.
2. Add beans to a bowl with vegetables and salsa.
3. Use a potato masher (or the back of a large spoon) to mash all ingredients together.
4. Then, on each tortilla, add two tablespoons of cheese, spread two to three tablespoons of the bean mixture on top of the cheese, and add an additional two tablespoons of cheese on top of the bean mixture.
5. Fold the side without the filling over the side with the filling and press gently to seal. Repeat with remaining tortillas.
6. Heat a skillet to medium-high heat adding a small amount of oil to the pan. Cook the quesadillas until golden brown and crisp on each side, approximately one minute per side. Add more oil as needed.
7. Place cooked quesadillas on a cutting board and allow to cool for a minute before cutting into wedges.

*Recipe source:*

<https://happykidskitchen.com/easy-veggie-and-bean-quesadillas>