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Black Bean Quesadillas

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In a hurry? These satisfying quesadillas take just 15 minutes to make. We like them with black beans, but pinto beans work well too. If you like a little heat, be sure to use pepper Jack cheese in the filling. Serve with: A little sour cream and a mixed green salad.

4 servings | Active Time: 15 minutes | Total Time: 15 minutes

Ingredients

- 1 15-ounce can black beans, rinsed
- 1/2 cup shredded Monterey Jack cheese, preferably pepper Jack
- 1/2 cup prepared fresh salsa (see Tip), divided
- 4 8-inch whole-wheat tortillas
- 2 teaspoons canola oil, divided
- 1 ripe avocado, diced

Preparation

1. Combine beans, cheese and 1/4 cup salsa in a medium bowl. Place tortillas on a work surface. Spread 1/2 cup filling on half of each tortilla. Fold tortillas in half, pressing gently to flatten.
2. Heat 1 teaspoon oil in a large nonstick skillet over medium heat. Add 2 quesadillas and cook, turning once, until golden on both sides, 2 to 4 minutes total. Transfer to a cutting board and tent with foil to keep warm. Repeat with the remaining 1 teaspoon oil and quesadillas. Serve the quesadillas with avocado and the remaining salsa.

Nutrition

Per serving : 377 Calories; 16 g Fat; 5 g Sat; 8 g Mono; 13 mg Cholesterol; 46 g Carbohydrates; 13 g Protein; 10 g Fiber; 679 mg Sodium; 581 mg Potassium

2 1/2 Carbohydrate Serving

Exchanges: 2 1/2 starch, 1 1/2 lean meat, 2 fat

Tips & Notes

- Look for prepared fresh salsa in the supermarket refrigerator section near other dips and spreads.