

**Black Bean Quesadillas (makes 2)**  
**Recipe from [epicurious.com](http://epicurious.com)**

Ingredients:

100 ml black beans, rinsed and drained  
200 ml monterey jack or cheddar cheese  
50 ml chopped cilantro, roughly chopped  
1/2 white onion, chopped  
100 ml corn  
8 ml vegetable oil

2 flour tortillas

Sour cream (garnish)

Method:

1. In a bowl, combine beans, cheese, corn and cilantro. Set aside.
2. Using medium heat, warm 5 ml of oil, then add diced onion and saute for 4- 5 minutes or until onion is translucent.
3. Remove from pan and add to bean/cheese/corn/cilantro mixture.
4. Place tortilla in heated non stick skillet sprayed with non-stick spray or vegetable oil. Spoon mixture evenly over half of tortilla and fold remaining half over mixture. Lightly press down using your spatula.
5. Add 5 ml of oil to the pan. Cook each for a few minutes over medium- low heat until bottom of tortilla is golden brown. Flip and cook for a few more minutes until tortilla is golden brown and cheese is melted.
6. Cut into 3 or 4 wedges and serve quesadillas with salsa or sour cream and Spanish rice.

