

### Recipe Entry Form

Recipe Name	Zesty Black Bean & Corn Salsa Quesadilla		
Recipe Description	Full of flavor and spice and a rainbow of colors. This crispy Quesadilla is packed with fresh ingredients that brighten your taste buds, with a little bit of kick. A fried tortilla topped with delicious shredded cheese, and garnished with fresh cilantro and guacamole.		
Yield*	Serving Size	Preparation Time	Cooking Time
15	1 Quesadilla	15	15
<small>*Place a single number at the yield. Do not use a range (6-8 servings). For example, enter "6" if a recipe produces 6 servings.</small>			
<b>Nutrient Composition</b>			
Calories per Serving	Percent Calories from Saturated Fat	Milligrams of Sodium per Serving	
176.95	16%	384.2833333	
<b>Ingredients</b>			

<u>Measure</u>	<u>Unit</u>	<u>Item</u>
1	15oz can	Black Beans canned, (15oz can) Drained
1	Cup	Red Onion, Diced
1	Cup	Corn frozen
0.25	cup	Cilantro, Chopped
0.25	cup	Jalapeno Minced
1	Tablespoon	Vinegar White
4	Cups	Tomatoes Diced
1	Lime	Lime Juice, Squeezed from the lime
4	Cloves	Garlic Minced
1.5	tsp	Salt, Sea
4	Tablespoon	Olive Oil
15	Tortilla Shell	9 inch Whole Wheat Tortilla Shell
4	Cups	Cheese Shredded Mozzarella (Direct Diversion)
4	Cups	Cheese Shredded Cheddar (Direct Diversion)

#### **Directions**

- 1 Heat frying pan on medium heat.
- 2 Add 1 T oil to the pan and garlic, sauté until it starts to brown; place in bowl
- 3 Open black beans and drain in a strainer; once strained place in the bowl
- 4 Dice onions, jalapenos, cilantro, and place in the bowl with the garlic.
- 5 Add corn, vinegar, and salt to the bowl
- 6 Slice a lime in half and squeeze lime juice from both halves into the bowl; mix
- 7 Mix shredded mozzarella and cheddar cheese in separate bowl
- 8 Reheat frying pan on medium heat.
- 9 Using remaining oil, oil one side of the tortilla shells
- 10 Place one shell oil side down in the frying pan, spread 1/2cup cheese over shell
- 11 Spread 1/4 cup salsa over the cheese.
- 12 Watch the shell so it does not burn.
- 13 After about 1 minute fold the shell in half; cook on each side for about 1 minute
- 14 Continue to cook until the shell turns golden brown. (repeat until done)
- 15 Place the Quesadilla on a plate and cut in half down the middle
- 16 Cut both half's in half, creating 4 triangles.
- 17 Place 1/4cup of salsa on plate (add avocado or guacamole if you would like)