

Bean & Corn Quesadillas

Serving Size: ¼ of recipe | Servings per Recipe: 4 | Healthy



INGREDIENTS

- 8 whole-wheat tortillas
- 1 can low-sodium pinto or black beans, rinsed
- 1 cup frozen corn
- 1 cup reduced-fat shredded cheese
- 1 teaspoon cumin
- Optional: salsa

DIRECTIONS

- Mash beans lightly with cumin.
- Heat corn in microwave or pan.
- Spread beans on half of each tortilla; add corn and cheese.
- Fold tortilla and cook in a dry skillet 2–3 minutes per side.
- Serve warm with salsa if available.



Calories per serving: 280 kcal | 9 g total fat | 35 g total carbohydrates | 14 g protein