

Making it delicious

Quick Quesadillas

THE
Open
Door

Ingredients:

- 🍃 8-inch tortillas
- 🍃 Shredded cheese
- 🍃 Black beans (or kidney beans)
- 🍃 Veggies, chopped, such as:
 - Bell peppers
 - Spinach
 - Onion
 - Mushrooms
 - Tomatoes
 - Corn
 - Zucchini



Instructions:

- 🍃 Drain and rinse the black beans.
- 🍃 Lay a tortilla in a pan over medium heat.
- 🍃 Sprinkle cheese evenly over half of the tortilla.
- 🍃 Sprinkle beans and veggies evenly over the cheese.
- 🍃 Add a top layer of cheese, then fold the empty half of the tortilla over the fillings.
- 🍃 Cook until the bottom of the tortilla is toasted.
- 🍃 Carefully flip the quesadilla and cook for a couple more minutes on the other side.
- 🍃 Remove from the skillet, cut in half, and enjoy.

Recipe adapted from: www.smashedpeasandcarrots.com