

Black Bean & Corn Quesadillas

Number of Servings: 4

Ingredients:

1/3 cup frozen corn kernels, thawed	1/3 cup black beans (canned)
2 tsp. vegetable oil, plus more for brushing tortillas	2 tsp. lime juice
1/3 cup minced red onion	kosher salt
1 tsp. minced garlic	2 (8-inch) plain flour tortillas
1/2 tsp. chili powder	2/3 cup Pepper Jack cheese (3 oz.)
	1 Tbs. minced pickled jalapeños (<i>optional</i>)

Directions:

1. Heat a 10-inch nonstick skillet over medium-high heat until hot, about 2 minutes. Add corn and cook, stirring occasionally, until kernels begin to brown and pop, 3 to 5 minutes; transfer corn to medium bowl. Heat 2 tsp. vegetable oil in now-empty skillet over medium heat until shimmering; add red onion and cook, stirring occasionally, until softened, about 3 minutes. Add garlic and chili powder and cook until fragrant, about 1 minute; stir in beans and cook until heated through, about 1 minute. Return corn to skillet and toss to combine; gently press mixture with spatula to lightly crush black beans. Transfer mixture to now-empty bowl, stir in lime juice, and season to taste with salt.

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continued

2. Wipe out skillet with paper towels and return pan to medium heat until hot, about 2 minutes. Place 1 tortilla in skillet and toast until soft and puffed slightly at edges, about 2 minutes. Flip tortilla and toast until puffed and slightly browned, 1 to 2 minutes longer. Slip tortilla onto cutting board. Repeat to toast second tortilla while assembling first quesadilla. Sprinkle 1/3 cup cheese, half the corn and bean mixture, and half of jalapeños, if using, over half of tortilla, leaving 1/2-inch border around edge. Fold tortilla in half and press to flatten. Brush surface generously with oil, sprinkle lightly with salt, and set aside. Repeat to form second quesadilla.
3. Place both quesadillas in skillet, oiled sides down; cook over medium heat until crisp and well browned, 1 to 2 minutes. Brush surfaces with oil and sprinkle lightly with salt. Flip quesadillas and cook until second sides are crisp and browned, 1 to 2 minutes longer. Transfer quesadillas to cutting board; cool about 3 minutes, halve each quesadilla, and serve.

Nutritional Information Per Serving (1/2 quesadilla):

- Calories: 187
- Fat: 8 g
- Saturated fat: 3 g
- Cholesterol: 11 mg
- Carbohydrates: 21 g
- Protein: 8 g
- Fiber: 2 g
- Sodium: 280 mg