

#LetsCook30

BLACK BEAN, CHICKEN AND CORN QUESADILLAS

Servings: 4

Ready in about: 30 minutes

2 tsp	vegetable oil
¼ medium	onion, finely chopped (about 3 tbsp)
1 – 19 oz can	black beans, drained and rinsed
1 lb	cooked chicken, shredded
1 – 10 oz can	whole kernel corn, drained
1/4 cup	salsa
1/4 tsp	red pepper flakes or hot sauce
	vegetable cooking spray
8 – 8 inch	whole wheat flour tortillas
1 ½ cups	Monterey Jack cheese or cheddar cheese, shredded and divided sour cream (optional)

Nutrition Tips

To increase the fibre and reduce the saturated fat in this recipe, we used:

- Whole wheat flour tortillas
- Low fat cheese (20% M.F. or less)
- Low fat sour cream (2% M.F. or less)

INSTRUCTIONS:

1. Heat oil in a large saucepan over medium heat. Stir in onion and cook until softened, about 2 minutes. Stir in beans, chicken and corn, add salsa and pepper flakes; mix well. Cook until heated through, about 3 minutes.
2. Spray a baking sheet with cooking spray and put 3 or 4 tortillas down in a single layer (as many as you can fit on your baking sheet). Spread the filling over each tortilla and sprinkle with cheese. Cover each tortilla with a second tortilla and spray with cooking spray. Bake at 425°F for about 10 minutes or until the top tortillas brown slightly and crisp up.
3. Serve with additional salsa and sour cream.

Source: Adapted from <http://allrecipes.com/Recipe/Black-Bean-and-Corn-Quesadillas/>. Accessed 2013.

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