



Prep 10 min Cook 15 min Ready in 25 min Servings 4

Black Bean and Corn Quesadillas

Ingredients

1 tbsp	Extra virgin olive oil	1/3 cup	Greek yogurt, plain, fat-free (or non-dairy yogurt)
1 3/4 cup pieces	Button mushrooms (chopped)	1/2 tsp	Chili powder
1 clove(s)	Garlic (minced)	1/2 tsp	Cumin
1 can (15oz)	Black beans, canned (drained, rinsed)	1/2 tsp	Paprika
4 medium tortilla(s)	Whole wheat tortilla	1 dash	Cayenne pepper (optional)
1/2 cup, shredded	Cheddar cheese (or non-dairy cheese)	4 spray (about 1/3 second)	Olive oil cooking spray
2 cup	Baby spinach	3 sprig	Cilantro (coriander) (for garnish)

Instructions

1. Heat olive oil in a large non-stick frying pan over medium-high heat.
2. Add the mushrooms and cook, stirring for 3–4 minutes or until golden.
3. Spoon in the garlic and cook for 30 seconds, or until fragrant.
4. Add the beans and cook for 1 minute or until heated through. Remove from heat and set aside.
5. Next, prepare the Chili Sauce by whisking together the Greek yogurt, chili powder, cumin, paprika, and cayenne pepper.
6. Spread mushroom mixture over half of a tortilla and top with cheese, spinach leaves, and Chili Sauce to taste. Fold the tortilla over to enclose the filling.
7. Spray the quesadillas on both sides with spray cooking oil. Cook in batches in a skillet over medium heat. Cook on both sides for 3 minutes until the outside is golden and crispy. Alternatively, you can cook in batches in a sandwich press for 3 minutes or until the quesadillas are crisp and the cheese has melted.
8. Garnished with cilantro and serve.

Notes:

Quick Tips:

For the vegan version: use vegan shredded cheese and dairy-free yogurt.

For added protein: add in scrambled eggs or crumbled tofu.

Nutrition Facts	
Per Portion	
Calories	348
Calories from fat	127
Calories from saturated fat	56
Total Fat	14.1 g
Saturated Fat	6.2 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.3 g
Monounsaturated Fat	5.7 g
Cholesterol	16.5 mg
Sodium	830 mg
Potassium	715 mg
Total Carbohydrate	43 g
Dietary Fiber	13.0 g
Sugars	2.9 g
Protein	18.6 g

Dietary servings

Per Portion

Grain	1.4
Meat Alternative	0.6
Milk Alternative	0.4
Vegetables	2.1

Energy sources

Carbohydrates	42%
Fat	37%
Protein	21%