



# SFC's Veggie Guide: Microwaveable Black Bean Quesadillas

**This is a simple and flavorful meal packed with protein, veggies, and healthy fats. And it only takes a few minutes to make! Enjoy!**



**Ingredients:**  
1 can of black beans  
1 can of corn (or bag of frozen corn)  
1 diced red onion  
Shredded Mexican-blend cheese  
Corn tortillas  
Fajita seasoning blend  
Salsa  
1 Lime  
1/4 cup Chopped cilantro (optional)

**Items You'll Need:**  
Bowl  
Cutting board  
Knife  
Fork  
Plate

## Directions:

1. Drain the can of beans and corn (if using canned), and lightly rinse with water. Dice the red onion. Roughly chop the cilantro. Cut the lime in half.
2. Place the beans in a large bowl, mix in the fajita spice mix, chopped cilantro (if using), and squeezed lime juice. If you're making your fajita seasoning blend from scratch, use the spice guide below to know which spices to mix together.
3. With the back of a fork, crush the bean mix together until it forms a paste.
4. Spread the bean paste on one corn tortilla, then layer on corn, diced onion, and a handful of cheese. Top it off with another corn tortilla with bean spread.
5. Place your quesadilla on a glass plate and microwave it for 1 minute, or until the cheese melts. Top it with your favorite salsa.

Enjoy!

Fajita Sasoning Blend: 1 tbsp corn starch, 2 tsp chili powder, 1 tsp salt, 1 tsp paprika, 1 tsp white sugar, 1/2 tsp onion powder, 1/2 tsp garlic powder, 1/4 tsp cayenne powder, 1/2 tsp ground cumin