
Black Bean Quesadillas

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Party Recipes from the Charleston Junior League - 1993

2 teaspoons butter or margarine (or more, as needed)

4 flour tortillas (ten inch diameter)

1 can (16 ounces) black beans, rinsed and drained

1 medium onion, diced

1 cup Monterey Jack or mozzarella cheese, shredded

lettuce (for garnish)

salsa (for garnish)

sour cream (for garnish)

Place one of the tortillas on a flat surface. Add a single layer of beans to cover exactly one-half of the tortilla. Sprinkle one-quarter of the onions over the layer of beans. Top with a layer of one-quarter of the cheese. Fold the tortilla in half to form a half-circle.

Repeat the process with the three remaining tortillas.

In a frying pan over low heat, melt the butter. Place two of the tortilla 'turnovers' in the pan. Cook until the bottoms are brown, 2 to 3 minutes. Flip the tortillas to brown the other sides, another 2 to 3 minutes. Repeat until all four tortillas have been cooked.

Place a bed of lettuce on a large serving platter. Cut each tortilla "sandwich" into three or four wedges. Arrange on the lettuce. Garnish with salsa and sour cream.

Yield: 6 to 8 servings

Sandwiches

Per Serving (excluding unknown items): 703 Calories; 3g Fat (3.6% calories from fat); 43g Protein; 130g Carbohydrate; 31g Dietary Fiber; 0mg Cholesterol; 13mg Sodium. Exchanges: 8 Grain(Starch); 2 1/2 Lean Meat; 1 1/2 Vegetable.