

# **Spinach and Black Bean Quesadillas**

Recipe Card

Integrated Marketing Services

**Servings: 4**

**Preparation Time: 5 minutes**

**Cook time: 20 minutes**

**1 tablespoon olive oil**

**1 small onion, diced**

**4 cups fresh spinach leaves**

**salt (to taste)**

**pepper (to taste)**

**4 8-inch flour tortillas**

**2 cups reduced-fat Mexican cheese blend, divided**

**1 can (15 oz) black beans, rinsed and drained; divided**

**1 teaspoon ground cumin (optional)**

Heat the oil in a large skillet over medium heat.

Add the onion. Cook and stir until soft.

Add the spinach. Cook and stir until wilted.

Season with salt and pepper to taste.

Drain well and set aside.

Coat a large skillet with nonstick cooking spray and place over medium heat.

Add one tortilla. Cook until light golden brown, turn over.

Top with one-fourth of the cheese, beans and spinach. Season with the cumin, if desired.

Fold the tortilla in half, pressing gently.

Cook for 2 minutes per side or until lightly browned and the cheese melts. Remove from the skillet and keep warm.

Repeat with the remaining tortillas and filling.

Cut each quesadilla into three wedges and serve.

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Per Serving (excluding unknown items): 440 Calories; 9g Fat (18.8% calories from fat); 17g Protein; 73g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 347mg Sodium. Exchanges: 4 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.