MyPlate Quesadillas

Makes 10-12 Servings

Ingredients:

- 1 tablespoon oil
- 1 bunch green onions, finely chopped
- 1/4 teaspoon pepper
- 1/2 teaspoon ground cumin
- 2 bell peppers, chopped
- 15-ounce can black beans, drained & rinsed
- 4 cups spinach, washed
- 10-12 whole wheat tortillas
- 1 cup Monterey Jack cheese, shredded
- Salsa

Steps:

1) In a skillet, heat oil on medium-high heat. Add green onions, garlic, pepper and cumin. Cook for 30 seconds.

2) Add bell peppers and cook for 1-2 minutes until tender. Add black beans and spinach and cook until bubbly. If ingredients stick to pan, add 1/4 cup water. Turn off pan.

3) Spread 1/4 bean mixture onto half of a tortilla. Sprinkle with 2 tablespoons of cheese. Fold in half. Repeat with additional beans and tortillas.

4) Put quesadilla on a clean pan over medium heat and cook until light brown on each side, flipping halfway through.

5) Cut into wedges and serve with salsa.

This recipe was developed through Eat Better, Feel Better, a school-based, community partnership that creates healthier school environments through healthy eating and active living (funded by SNAP - Supplemental Nutrition Assistance Program).