

# 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



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## 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).*