

Cheese and Black Bean Quesadilla

Made with W.I.C. approved ingredients



Ingredients

- Whole wheat tortilla
- Cheddar cheese (blocked)
- Low sodium black beans

Directions

- Shred blocked cheese
- Place whole wheat tortilla on a heated pan
- Evenly spread shredded cheese over whole wheat tortilla and let it melt
- Once cheese is melted add desired amount of black beans evenly spread out on the tortilla
- Add more shredded cheese let it melt and top with another whole wheat tortilla
- Using a spatula flip the tortilla and let the other side cook
- Once it's done cut into pieces and enjoy!