

Spinach Black Bean Quesadillas

Serves: 4

Ingredients

Non-stick cooking spray or 1 tablespoon of olive oil
4 whole wheat tortillas
1/2 cup sliced or shredded low fat cheese
1/2 cup cooked spinach, drained well*
1/3 cup canned diced tomatoes, drained well*
1/3 cup canned black beans (rinsed)

Directions

1. Heat skillet to medium heat and spray with non-stick spray or use 1 tablespoon of olive oil to coat pan.
2. Lay two tortillas side by side on the hot griddle.
3. Sprinkle both tortillas with a small amount of cheese.
4. Top with a layer of both spinach and tomatoes.
5. Spread black beans and the left over cheese on to both quesadillas.
6. Place the two remaining tortillas on top of each quesadilla and press down firmly.
7. Cook for 1-2 minutes then carefully flip each quesadilla using a flat spatula.
8. Press down again and cook until the cheese is melted and the tortillas turn golden brown.

Tips & Facts:

- Use fresh tomatoes and spinach in season for fresh flavor
- Rinse canned vegetables well and drain to reduce sodium level

Nutrition Facts (per serving):

Calories: 248, Carbohydrates: 32, Fat: 10g, Protein: 22g, Fiber: 19g, Sodium: 669mg, Cholesterol: 0mg,

Cost Analysis

Ingredients	Cost of Ingredients	Cost of Quantity Needed for Recipe
Non-stick Spray	\$2.79/ 6oz can	\$0.08
Whole Wheat Tortillas	\$2.69/ 10ct package	\$1.08
Frozen Spinach	\$1.00/ 10oz box	\$0.31
Diced Tomatoes	\$1.00/ 14.5 oz can	\$0.43
Low Fat Cheese	\$2.50/ 8oz bag	\$0.45
Black Beans	\$0.89/ 15.5oz can	\$0.34
Non-stick Spray	\$2.79/ 6oz can	\$0.008
TOTAL	\$10.87	\$2.77
		Cost per Serving: \$.69

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