

Black Bean and Corn Quesadillas

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Servings: 8

Preparation Time: 5 minutes

Cook time: 12 minutes

1 package (8 oz) (2 cups) four-cheese Mexican-blend cheese, shredded

8 8-inch whole-wheat or flour tortillas

1 1/2 cups bottled black bean and corn salsa

1 medium avocado, seeded, peeled and chopped

sour cream (for serving)

Preheat oven to 300 degrees.

Divide the cheese evenly among the tortillas, sprinkling the cheese over half of each tortilla.

Top each tortilla with one tablespoon of the salsa.

Divide the avocado among the tortillas.

Fold the tortillas in half, pressing gently.

Heat a large skillet over medium-high heat for 2 minutes. Reduce the heat to medium.

Cook two of the quesadillas for 2 to 3 minutes or until lightly browned and the cheese is melted, turning once.

Remove the quesadillas from the skillet. Place them on a baking sheet and keep warm in the oven.

Repeat with the remaining quesadillas, cooking two at a time.

Cut the quesadillas into wedges.

Serve with the sour cream and remaining salsa.

Per Serving (excluding unknown items): 40 Calories; 4g Fat (78.6% calories from fat); trace Protein; 2g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 0 Fruit; 1 Fat.