



Corn, Rice & Bean Quesadillas

Serves 8, Total time: 30 minutes

Ingredients

1 tbsp olive oil
1 1/3 cups fresh or frozen corn, thawed
1 medium onion, chopped
1 medium green pepper, thinly sliced
2 garlic cloves, minced
1 1/2 tsp chili powder
1/2 tsp cumin
15 oz can black beans, rinsed and drained
8 whole wheat flour tortillas, warmed
3/4 cup shredded cheddar cheese
1/2 cup light sour cream
2 green onions, thinly sliced
1/2 cup salsa

Directions

1. In a large skillet, heat oil over medium-high heat. Add corn, onion, and pepper. Cook and stir until tender. Add garlic, chili powder, and cumin. Stir and cook for 1 minute. Add beans and rice. Stir and heat through. Transfer filling to a bowl.
2. Spoon 1/2 cup filling over one half of the tortilla and top with a pinch of cheese. Fold other half of tortillas.
3. Using the same large skillet (wiped clean), drizzle a small amount of oil and cook quesadilla on both sides until golden brown. Top with sour cream, green onion, and salsa.



Source: tasteofhome.com, modified from original recipe