



Confetti Quesadilla

Yield: 10 servings

Modified from: www.tasteofhome.com

Ingredients:

- 1 cup shredded cheese
- 1 (15 ounce) can no-salt-added black beans, rinsed and drained
- 1 cup fresh or frozen corn, thawed
- 1 cup shredded zucchini
- ¼ cup minced fresh cilantro
- 1 jalapeno pepper, seeded and finely chopped, optional
- ¼ teaspoon black pepper
- 1 teaspoon chili powder
- 10 (6-inch) whole wheat tortillas

Directions:

1. In a large bowl, combine cheese, black beans, corn, zucchini, cilantro, jalapeno, black pepper and chili powder.
2. Fill tortillas with ½ cup of mixture and fold in half. Place tortilla on heated skillet or griddle. Cook over low heat 3 to 4 minutes on each side or until cheese is melted.
3. Serve with toppings of your choice.

Nutrition information:

Serving size: 1 tortilla with filling

Calories: 209

Fat: 6g

Sodium: 467mg

Carbohydrates: 33g

Sugar: 3g

Fiber: 8g

Protein: 10g