



Spicy Black Bean Quesadillas with Guacamole

SERVES 4

Pillars of Nutrition: All in for Whole Grain and Lean on Protein

Ingredients

Pico de Gallo

- 1 cup **tomatoes**, diced
- ½ cup **onions**, diced
- ¼ cup **cilantro**, chopped
- 3 pinches **salt**
- ½ **jalapeno**, seeded & minced

(Optional/Spicy!)

Simple Guacamole

- 1 clove **garlic**, minced
- 1 ripe **avocado**
- ½ **lime**, juiced
- ¼ - ½ teaspoon **salt**, or to taste

Quesadillas

- 1 can (15.5 oz.) **black beans**
- 2 cups **cheese**, grated
- 2 tablespoons **cilantro**
- ½ teaspoon **olive oil**
- 4 **whole wheat tortillas**

Variations to Try

- For cheese, try cheddar, colby, mozzarella, Monterey Jack, Muenster
- Try corn tortillas instead of flour
- Add a dash of hot sauce to spice up the guacamole

Something to **Chew** On

- What does Pico De Gallo mean?
- Are all the ingredients here natural?
- Where is the protein in this dish?

Pico de Gallo:

1. Dice the **tomatoes** and **onions**, mince **jalapeno** if using, then chop the **cilantro**.
2. Mix together all the ingredients for the Pico de Gallo.

Guacamole

1. In a small bowl, use a fork to smash the **avocado**.
2. Stir in **garlic**, **lime juice**, and season with **salt** to taste.
3. Cover with some pico de gallo to keep guacamole from turning brown.

Quesadillas:

1. Grate the **cheese**.
2. Rinse and drain the **beans** and put them in a bowl with the cheese, cilantro, and just ¾ of the pico de gallo.
3. Scoop ½ cup of the bean mixture onto one side of each **tortilla**.
4. Fold the tortillas in half. Add the **olive oil** to a large pan and heat it on medium-high heat.
5. Place each folded tortilla on the pan. Cook until brown on the bottom (usually takes 3 minutes), then flip it, and wait another three minutes until the bottom is brown and cheese is melted.

