

# Veggie Quesadilla



Prep Time: 5 min Cook time: 10 mins Servings: 2

## Ingredients

- 3 tsp olive oil, divided
- 1/4 cup unsalted black beans
- 1/4 cup zucchini, diced
- 1 cup bell pepper, diced
- 1/2 tsp cumin
- 1/2 tsp garlic powder
- 2 whole wheat tortillas
- 1/2 cup shredded cheese



## Instructions

1. Drain and rinse the black beans. Dice the veggies into bite size pieces.
2. Heat 2 tsp oil in large pan on medium heat. Make sure the pan is big enough for your tortilla to lay flat.
3. Add the zucchini, peppers, cumin and garlic powder to the pan. Sauté until just tender, about 5 minutes. Then remove from pan and set aside.
4. Heat just enough oil to lightly coat the bottom of the pan. Place one tortilla in the pan, and spread half of the cheese evenly on top.
5. Add the zucchini, peppers, and black beans, spread evenly and top with the rest of the cheese.
6. Top with the second tortilla and cook for 2 minutes.
7. Carefully flip the quesadilla over and cook another 2 minutes.
8. Cut into slices and enjoy with one of our yummy salsa recipes!

**You can try it with different veggies like tomatoes, corn or even kale! Or spice it up and add some chili powder.**