

Black Bean Quesadillas

- 1 cup canned, cooked black beans
- 1 tomato, chopped and drained
- 1 red pepper, chopped
- 1 clove garlic, minced
- 1/2 cup fresh, chopped parsley
- 2 green onions, chopped
- 1 1/2 cups light cheddar cheese, grated
- 1/2 cup light feta, crumbled
- 6 10-inch whole wheat tortillas

Directions:

1. Spray a medium sized skillet with cooking spray. Cook onion, garlic, red pepper and beans for approximately 5 minutes, until hot.
2. Remove from heat and add tomato, parsley and cheese.
3. Place tortillas on counter in a single layer. Spread filling evenly over one half of each tortilla.
4. Fold unfilled half of tortilla over filled side and press together gently.
5. Place quesadillas on cookie sheets. Bake at 400° for 7 to 10 minutes until cheese is melted.
6. Cut quesadillas into wedges and serve with salsa as an appetizer. Or place wedges on top of a lightly dressed green salad and serve as a main course.

NOTE: Wrap any unused portions in plastic wrap and freeze for another day. Just reheat quesadillas in the microwave and serve.

Makes 6 servings