



# BLACK BEAN VEGETABLE QUESADILLAS

 @Gleanersfan



WATCH RECIPE VIDEO HERE



## Ingredients:

- 1 can 15 oz no salt added black beans, rinsed and drained
- 1 can 15 oz no salt added corn, rinsed and drained
- 1 bunch spinach
- 6 whole wheat tortillas
- Black pepper, paprika, cumin and chili powder. salt, to taste
- 2 medium zucchini
- 4oz cheddar cheese low fat

## Directions:

1. Shred the cheese and the zucchini and chop the spinach.
2. Heat a small amount of oil and add the zucchini, spinach, corn, black beans and spices.
3. Let it cook for about 5 minutes
4. Mash slightly to form a paste and remove from the pan.
5. Heat a tortilla and fill it with the mixture and some cheese.
6. Let it brown for about 1 minute and enjoy!

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Mention **Gleaners** when speaking with your SNAP representative.

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**1-888-544-8773**

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