



HANDS-ON: 7 MIN. // TOTAL: 10 MIN. // SERVES 2

black bean and spinach quesadillas

Even when the cupboards look bare, there are a few staples that I usually have on hand: beans, greens, tortillas, and some type of cheese. On one of those days, I came up with these quick quesadillas, which have become a hit—even when the shelves are stocked. You can also cook these quesadillas under the broiler or in a toaster oven for 1 minute on each side or until the cheese is melted.

- ½ cup canned no-salt-added black beans, rinsed and drained
- 2 tablespoons refrigerated fresh salsa
- 4 (6-inch) corn tortillas
- ½ cup finely chopped fresh baby spinach
- 6 tablespoons shredded cheddar cheese
- Cooking spray

- 1 Heat a large skillet over medium.
- 2 Combine the beans and salsa in a small bowl; mash with a fork. Layer 1 tortilla with half the bean mixture and half the spinach. Sprinkle with 3 tablespoons of the cheese; top with another tortilla. Repeat the procedure to make another quesadilla.
- 3 Lightly coat the tops of the quesadillas with cooking spray; place the coated side of 1 quesadilla in the skillet. Cook for 2 minutes. Lightly coat the top of the quesadilla with cooking spray; carefully turn it over with a spatula. Cook for 1 to 2 minutes or until lightly browned and the cheese is melted. Repeat the procedure.

(SERVING SIZE: 1 QUESADILLA); CALORIES 264; FAT 10G (SAT 4G, UNSAT 2G); PROTEIN 11G; CARB 33G; FIBER 6G; SUGARS 2G (ADDED SUGARS 0G); SODIUM 237MG; CALC 24% DV; POTASSIUM 5% DV

corn vs. flour

Most flour tortillas are made with some, if not all, refined grain flour, which has been linked to increases in blood sugar and inflammation. Switch to corn tortillas to pack in more nutrients for fewer calories and an increased satiety due to more stable blood glucose. Look for tortillas made with “whole corn” or “whole corn flour” for a healthier, whole-grain option. If you see “degerminated” or “degermed,” keep shopping since this indicates part of the grain has been removed.

	TWO CORN TORTILLAS	TWO 6-INCH FLOUR TORTILLAS
CALORIES	110	185
SAT FAT	0g	2g
CARBS	22g	30g
FIBER	3g	2g
SODIUM	20mg	440mg