

Corn tortilla quesadillas



Recipe credit

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About this recipe

Serves

4

Serving size

1 quesadilla

Time to make

5 minutes preparation; 20 minutes cook time

Ingredients

- 8 corn tortillas
- 1/2 cup frozen or canned corn
- 1/2 cup canned black beans
- 2/3 cup shredded part-skim mozzarella cheese or shredded reduced-fat cheddar cheese
- Optional: Non-stick cooking spray
- Optional: Salsa and/or sour cream or greek yogurt

Directions

1. Spread 1/4 of the corn, black beans, and cheese on a tortilla. Top the mixture with another tortilla. Repeat until you have four assembled quesadillas.
2. Heat a fry pan or skillet over medium heat. Spray with cooking spray if needed.
3. Fry a quesadilla until the cheese melts and the bottom is crispy.
4. Flip the quesadilla and cook until the bottom is crispy.
5. Repeat with the remaining quesadillas and serve with salsa and/or sour cream or greek yogurt.

Tips and variations

- Quesadillas are a great dish to get children to eat their vegetables. Add other finely chopped vegetables, such as onions, bell peppers, cooked potatoes, greens, or summer squash that you have on hand.
- Serve the quesadillas with a garden salad for a complete meal.
- Let your children help you prepare this recipe. Older children can open cans, shred cheese, and chop any additional vegetables you want to add. Younger children can help assemble the quesadillas. Or set up the ingredients assembly-line-style, and have each child create his or her own quesadilla.

Nutritional info

Calories

154

Total fat

4.5 g
Saturated fat
2 g
Cholesterol
10 mg
Sodium
234 mg
Total carbohydrates
20.9 g
Dietary fiber
2.8 g
Protein
8.5 g
Total sugar
1.2 g
Allergens
Dairy
Soy

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