

Vegetarian Quesadillas

Serves: 3 | Serving Size: 1 quesadillas

INGREDIENTS:

- Spray olive oil
- 6 small whole wheat tortillas
- 1 can black beans (no added salt), drained and rinsed
- 1/4 cup shredded low fat cheddar cheese

DIRECTIONS:

1. Warm the beans in a covered bowl in microwave and set aside.
2. Heat a nonstick pan over medium heat. Lightly spray the pan with oil.
3. Place one tortilla on the pan. Top with 1/3 of the beans and 1/3 of the cheddar cheese.
4. Place a second tortilla over the beans and cheese.
5. Cook the first side until it is brown, about 3 minutes. Flip the quesadilla and cook for 3 more minutes.

Nutrition Information:

Each quesadilla contains 375 calories, 5 g fat, 2 g saturated fat, 0 g trans-fat, 10 mg cholesterol, 116 mg sodium, 66 g carbohydrate, 8 g dietary fiber, 0 g sugar, and 15 g protein.

(Recipe courtesy of FoodandHealth.com)