

Roasted Corn Quesadilla

INGREDIENTS:

- 2 tortillas
- ¼ cup corn
- 1/8 cup black beans
- ¼ cup shredded cheese
- ½ tsp. cumin
- Sprinkle salt and pepper to taste



DIRECTIONS:

1. Combine the corn, black beans, cumin, shredded cheese, salt and pepper in a bowl. Stir until everything is evenly combined.
2. Heat a small skillet to medium heat. Spray with cooking spray. Add corn mixture to skillet and cook for 5 minutes until corn is slightly browned. Remove from heat. OR you can place bowl in the microwave for 30-45 seconds to heat ingredients.
3. Heat a skillet to medium heat and spray with non-stick cooking oil. Place 1 tortilla on the skillet, then add warm corn mixture on top, spreading it over the surface then add the 2nd tortilla on top.
4. Cook on each side until the tortillas are brown and crispy and the filling is melted and gooey, about 2-3 minutes. Cut in half and enjoy!

Fun Facts!

- Black beans are native to North, South, and Central America. Black beans are mainly consumed in places such as South America, Central America and Southern Mexico.
- Corn comes in many colors. The most common colors in the United States are yellow and white. It can be purchased in a husk, canned, and frozen as well!
- Some tortillas are made out of corn, which makes them healthy, high in fiber, and vitamin B, which gives you energy and helps your digestion.