

BLACK BEAN & CORN

QUESADILLAS

easy college meals

INGREDIENTS

- black beans, 1 can
- corn, 1 can
 - *can substitute in frozen corn
- diced green chillies, 1 small can
- shredded cheese
- tortillas, white or whole wheat
- olive oil



DIRECTIONS

1. Combine beans, corn, and chillies in a bowl or container. Feel free to add any spices, salt, or pepper you want.
2. Heat skillet over medium heat. Add a small amount of olive oil. When the pan is heated, add tortilla to pan.
3. Add enough bean, corn, and green chili mixture to cover half of the tortilla. Add cheese to the top of the corn and bean mixture.
4. Fold over tortilla in half and let cook until crispy. It should take about two to three minutes on each side at most.
5. Once fully cooked and the cheese has melted, transfer to plate and serve immediately. Leftovers can be refrigerated.