Quick Quesadilla

Recipe Cost $8.83
2 servings @ $1.10

Ingredients
1 small onion
1 small red pepper
1-16 oz bag frozen corn
1 can black beans
Cheese
8 low-fat, whole grain tortillas

Seasonings Suggestions
Garlic Powder, Chipotle Seasoning
Chili powder, cumin, Old Bay
Regular or Seasoned Salt, Pepper, Thyme
White Worcestershire Sauce
Fresh Cilantro

Equipment
Small cutting board
Knife
Microwave-safe bowel
Paper plates
Slotted spoon
Cheese grater (optional)

1. Heat raw ingredients with desired seasonings until you can smell them.
2. Add corn and beans; heat through.
3. Place 1 tortilla on a paper plate & top with filling, then cheese, & another tortilla.