

# CHRISTINA'S SEASONAL RECIPE: BLACK BEAN AND VEGETABLE QUESADILLAS

Beat the summer heat this July with a sizzling and nutritious black bean and vegetable quesadilla, packed with vibrant bell peppers, zucchini and corn. Top with a dollop of cooling Greek yogurt or served alongside zesty salsa or guacamole. This recipe takes 15 minutes to prepare, and even less if you cook the filling ahead of time.

## Ingredients:

- 1 - 2 Tablespoons oil
- 1 can (15 oz) black beans, rinsed and drained
- 1 bell pepper, diced
- 1 onion, diced
- 1 zucchini, diced
- 1 cup corn kernels (fresh or frozen)
- 1 teaspoon cumin
- 1 teaspoon chili powder
- Salt and pepper to taste
- 4 large whole wheat tortillas
- 1 cup shredded cheese (such as cheddar or Monterey Jack)
- Optional toppings: salsa, guacamole, Greek yogurt



## Instructions:

1. In a large skillet, heat a little oil over medium heat. Add the diced bell pepper, onion, zucchini, and corn kernels. Sauté for about 5 minutes or until the vegetables are tender.
2. Add the black beans to the skillet, along with the cumin, chili powder, salt, and pepper. Stir well to combine and cook for another 2-3 minutes.
3. Remove the skillet from heat and transfer the bean and vegetable mixture to a bowl.
4. Place a large tortilla on a flat surface. Spread about ¼ of the bean and vegetable mixture evenly over half of the tortilla.
5. Sprinkle shredded cheese on top of the bean mixture.
6. Fold the tortilla in half to cover the filling.
7. Repeat steps 4-6 for the remaining tortillas and filling.
8. In a clean skillet, heat a little oil over medium heat. Place a quesadilla in the skillet and cook for 2-3 minutes on each side, or until the tortilla is crispy and the cheese is melted.
9. Repeat with the remaining quesadillas.
10. Slice each quesadilla into wedges and serve hot with optional toppings.

These black bean and vegetable quesadillas are not only tasty and satisfying but also packed with fiber and protein from the beans and vegetables. They are a budget-friendly option that can be customized with different vegetables or spices according to your preferences. Costed in June 2023 at \$9.59 for family of 4, and \$2.40 per individual serving.

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