



A Nutrition Resource



# BLACK BEAN QUESADILLA

**Yield: 4 Servings | Serving Size: 1 quesadilla**

**Cost: \$0.95**

**Ingredients:**

- 2 cups cooked black beans (or 1 can, drained and rinsed)
- 1 cup low fat cheddar cheese
- 4 (8-inch) whole wheat tortillas
- 1/4 cup salsa

**Directions:**

- 1) Mix in black beans and cheese until combined
- 2) Divide mixture evenly into four and spread on half of each tortilla.
- 3) Fold tortillas in half.
- 4) Heat a large griddle or skillet over medium high heat. Place filled tortillas on griddle. Cook, carefully flipping, until tortillas are golden brown and crisp and cheese filling melts, about 5 minutes.
- 5) Top with salsa.

**Tip:** Add lightly cooked vegetables to the quesadilla filling mixture.

## Nutrition Facts

4 servings per container  
**Serving size 1 quesadilla (174g)**

Amount per serving  
**Calories 290**

	% Daily Value*
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 600mg	<b>26%</b>
<b>Total Carbohydrate</b> 41g	<b>15%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 18g	
Vitamin D 0mcg	<b>0%</b>
Calcium 220mg	<b>15%</b>
Iron 3mg	<b>15%</b>
Potassium 324mg	<b>6%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



**This institution is an equal opportunity provider.**

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or [www.apply.mt.gov](http://www.apply.mt.gov). Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.

