

Quesadilla and Bean Dip

Makes 4 servings

Ingredients

Bean Dip:

- ½ can (270 mL) black beans, rinsed
- 1 green onion, rinsed and diced
- 1 cup (250 mL) prepared salsa
- 1 can (341 mL) corn, drained
- 1 lime
- OPTIONAL: ¼ cup cilantro, rinsed and chopped

Quesadilla:

- 4 large whole grain tortillas
- 1 cup (250 mL) cheese, grated
- ½ can (270 mL) black beans, rinsed
- OPTIONAL: 2 tsp green onions, diced

Directions

1. Set out all the ingredients.

Bean Dip:

2. Rinse beans, green onion, lime and cilantro (if using) under cool running water.
3. Prepare vegetables (dice, chop). Cut lime in half.
4. In a bowl, place beans, green onion, salsa, corn and cilantro.
5. Squeeze in lime juice. Mix.

Quesadilla:

6. In a fry pan or griddle on medium heat, place 1 tortilla.
7. Spread beans on half the tortilla. Sprinkle cheese and green onion (if using) over the beans.
8. Fold the tortilla in half.
9. Cook 2 minutes each side, until tortilla is golden and cheese is melted. Flip over with a spatula.
10. **Careful, it's hot!** Remove from pan. Wait 2 minutes until it's cool. Cut into triangles.

Enjoy your balanced plate of vegetables, protein and whole grains!

▶ **Watch the how-to-video!**
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Tips and Tricks:

- **Wash hands** with soap and warm water for 20 seconds, before, during and after preparing food.
- **Get creative!** Add chopped vegetables to the quesadilla. Try different cheeses.
- Use **canned, fresh or frozen corn**.