



Black Bean Broccoli Quesadilla



Ingredients



- 1/2 cup cooked black beans
- 1/8 cup pico de gallo
- 1/2 cup grated low fat cheese
- 1/2 cup broccoli, sautéed
- 2, 8-inch whole wheat tortillas
- 1/2 tbsp. olive oil
- Red pepper flakes to taste

Yield: 2 servings
 Serving Size: 1 quesadilla



Directions



1. Heat up oil in saucepan, add chopped broccoli, salt, pepper, and red pepper flakes. Cook until tender.
2. Mash beans in a large mixing bowl.
3. Add salsa and grated cheese to beans.
4. Coat pan with oil or cooking spray.
5. Lay tortilla flat on cooking pan and top with bean mixture on one half of tortilla. Fold tortilla in half to cover bean mixture. Cook both sides till they are golden brown.

Estimated Price

2 Servings = \$3.70
 1 Quesadilla = \$1.85

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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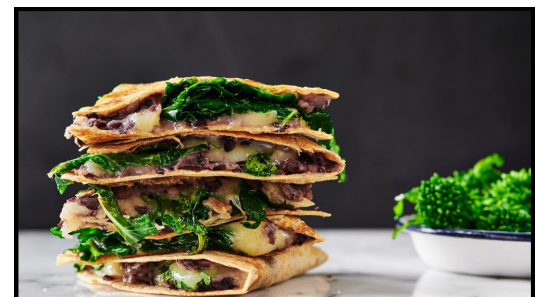


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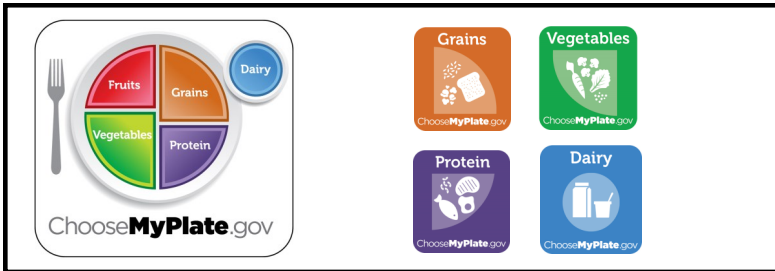
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Fast Facts



Featured Food Groups



Cooking Tips

- Substitute and/or add other vegetables other than broccoli. Use vegetables you have on hand. Some suggestions: zucchini, bell peppers, spinach, squash, and collards.
- To cut costs, use frozen or canned vegetables.
- Top with low-fat sour cream or yogurt.

Second Harvest is an equal opportunity provider.

Nutrition Facts



Nutrition Facts	
2 servings per container	
Serving size	1 quesadilla
Amount Per Serving	
Calories	320
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 5g	25%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 7g	
Cholesterol 10mg	3%
Sodium 670mg	29%
Total Carbohydrate 27g	10%
Dietary Fiber 7g	25%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 20g	40%
Vitamin D 0mcg	0%
Calcium 455mg	35%
Iron 2.16mg	10%
Potassium 376mg	8%

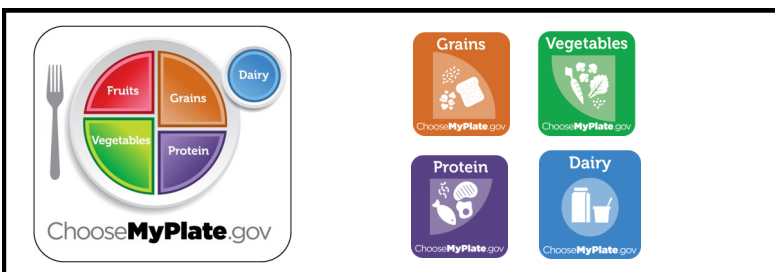
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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