



# 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 whole wheat tortillas-8 inch
- 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

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# Fast Facts



## Featured Food Groups



Grains  
ChooseMyPlate.gov

Vegetables  
ChooseMyPlate.gov

Protein  
ChooseMyPlate.gov

Dairy  
ChooseMyPlate.gov

## 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



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



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