

## Texas Quesadilla



### Ingredients:

- 1 15 ounce can black beans, rinsed
- 1 15 ounce can whole kernel corn, rinsed
- 4 whole-wheat tortillas
- 1/2 cup shredded cheddar cheese
- Cooking Spray
- 1/3 cup salsa
- 2 limes, halved

### Directions:

1. Heat a skillet to medium heat. Spray skillet with cooking spray.
2. Place 1/4 cup cheese on one tortilla along with beans and corn evenly spread. Cover with a second tortilla.
3. Place the filled tortillas in the skillet.
4. Cook until cheese starts to melt, then flip quesadilla to brown the other side.
5. Serve warm, add salsa and squeeze lime on top.

Makes 4 Servings



**Tarrant County Public Health**  
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