

THE CULINARY

Playground



Quesadillas

makes 2

4 flour tortillas (8 inches)

¼ cup of black beans, rinsed and drained or refried beans

¼ cup salsa

¼ cup shredded Colby-Monterey Jack or Pepper Jack cheese

optional mix ins; ¼ cup finely diced onions or pepper, 1 teaspoon diced hot pepper, ½ cup shredded chicken or taco meat.

In a bowl, mash beans and salsa.

Place 2 tortillas on ungreased baking sheets; spread with bean mixture. Sprinkle with cheese and any optional toppings. Top with the remaining tortillas.

Spray tortillas with cooking spray or brush lightly with oil for a crisper tortilla.

Bake at 350° for 15-18 minutes or until crisp and heated through. Cut each quesadilla into six wedges. Serve with sour cream and salsa.