

HEARTY BLACK BEAN QUESADILLAS

Adapted from Budget Bytes

Quesadillas are an easy vegetarian snack or even a light meal that helps you sneak in some extra vegetables and protein. Once prepared, they're great stored in the freezer!

Servings: 10 quesadillas

Ingredients

- 1 15oz.can black beans
- 1 cup frozen corn
- 1/2 cup red onion
- 1/2 cup diced bell pepper
- 2 cups shredded cheddar cheese
- 1 batch taco seasoning (see next recipe)
- 10 flour tortillas

Directions

1. Drain the black beans and add them to a bowl along with the frozen corn (no need to thaw).
2. Finely dice the onion and bell pepper.
3. Add the onion, bell pepper, shredded cheddar, and taco seasoning to the bowl with the beans and corn. Stir until everything is evenly combined and coated in seasoning.
4. Place a half cup of the filling on one side of each tortilla and fold over.
5. **Skillet Method:** Cook the quesadillas in a skillet over medium heat on each side until brown and crispy and the cheesy filling has melted.
6. **Air Fryer Method:** Preheat air fryer to 375°. Place tortillas in a single layer on a greased tray in air-fryer basket. Cook until golden brown, 5-7 minutes.
7. Slice into triangles then serve. Serve with salsa, sour cream, or guacamole if preferred.

