

BLACK BEAN AND CORN QUESADILLAS

It's a Mexican grilled cheese sandwich—with tortillas instead of bread. We like whole-grain or corn tortillas better than white flour tortillas because they have lots of flavor and more nutrients! (Corn tortillas are smaller: if you use them here, use 2 per quesadilla, sandwiching the cheese in the middle between them instead of folding them.) *By Adam Ried.*

HANDS-ON TIME: 15 MINUTES
TOTAL TIME: 15 MINUTES
MAKES: 2 QUESADILLAS



KITCHEN GEAR:

Cutting Board
Measuring cup
Colander or strainer
Small mixing bowl
Wooden spoon
Sharp knife (adult needed)
Large nonstick skillet
Spatula
Large plate, for serving

INGREDIENTS

2 8-inch whole-grain tortillas
1/4 cup canned or cooked black beans drained and rinsed
1/4 cup canned or frozen corn, drained or thawed as needed
2 scallions, thinly sliced
1/2 cup grated Monterey Jack or cheddar cheese

Salsa for serving (if you like)

INSTRUCTIONS

Wash your hands with soap and water, then gather all your kitchen gear and ingredients and put them on a clean counter.

Put the tortillas on the cutting board and sprinkle half the cheese over half of each one.

Put the beans, corn and scallions in the mixing bowl, and mix well with the spoon.

Sprinkle half the bean and corn mixture over the cheese on each tortilla, then fold the tortilla to make a half-moon shape.

With the help of your adult, put the skillet on the stove and turn the heat to medium-low.

Add the quesadillas.

Use the spatula to press down gently.

Cook the quesadillas, flipping halfway through, until they are spotty brown and crisp on both sides.

The cheese inside should be melted. Take the quesadillas out of the skillet and let them cool about 2 minutes on the serving plate. With the help of your adult, cut the quesadillas into wedges and serve with salsa (if you like salsa).

