
PICANTE QUESADILLA WEDGES

- 3 oz. part-skim low-fat mozzarella cheese, shredded
- ½ cup canned no-salt-added black beans, rinsed and drained
- ½ cup picante sauce
- ¼ cup chopped cilantro
- ½ teaspoon cumin
- 3 low-carb, high-fiber flour tortillas, cut into four wedges
- 1 ½ teaspoons canola oil
- ¼ cup fat-free sour cream

1. Combine the cheese, beans, picante sauce, cilantro, and cumin in a medium bowl. Spoon equal amounts of the bean mixture on one half of each tortilla wedge.
2. Fold over tortillas and press down gently to allow them to adhere.
3. Heat oil in a large non-stick skillet over medium heat. Tilt the skillet to lightly coat bottom. Cook tortillas 2 minutes on each side or until cheese has melted and tortillas are golden.

Serves 4, 3 wedges per serving. Adapted from *Cooking Matters*.

www.feedingthegulfcoast.org/recipes | (888) 704-FOOD

PICANTE QUESADILLA WEDGES

- 3 oz. part-skim low-fat mozzarella cheese, shredded
- ½ cup canned no-salt-added black beans, rinsed and drained
- ½ cup picante sauce
- ¼ cup chopped cilantro
- ½ teaspoon cumin
- 3 low-carb, high-fiber flour tortillas, cut into four wedges
- 1 ½ teaspoons canola oil
- ¼ cup fat-free sour cream

1. Combine the cheese, beans, picante sauce, cilantro, and cumin in a medium bowl. Spoon equal amounts of the bean mixture on one half of each tortilla wedge.
2. Fold over tortillas and press down gently to allow them to adhere.
3. Heat oil in a large non-stick skillet over medium heat. Tilt the skillet to lightly coat bottom. Cook tortillas 2 minutes on each side or until cheese has melted and tortillas are golden.

Serves 4, 3 wedges per serving. Adapted from *Cooking Matters*.

www.feedingthegulfcoast.org/recipes | (888) 704-FOOD