

SWEET PEPPER QUESADILLAS



INGREDIENTS:

- Flour tortillas, medium size
- 1 Tablespoon oil
- Vegetable oil spray
- 3 bell peppers, cut into strips
- 1 yellow onion, cut into strips
- 1 (14oz)can black beans, rinsed and drained
- 1 package shredded cheese
- Juice of ½ lime
- ¾ teaspoon salt
- ¼ teaspoon black pepper

INSTRUCTIONS:

1. Heat a large sauté pan over medium-high heat. Add the oil.
2. Add the peppers and onions and cook until soft, approximately 8-10 min.
3. Add black beans, salt and pepper, then stir. Heat together for 2 minutes.
4. Squeeze lime juice over the top then turn off heat and set aside.
5. Heat another large sauté pan over medium heat, spray with vegetable oil and place a tortilla in the pan.
6. Sprinkle shredded cheese over the tortilla. When it begins to melt, layer ½ cup of filling from other pan over the cheese.
7. Fold the tortilla in half, place on a plate. Cut it in half to make two triangles.
8. Repeat the steps number 5 through 7 for additional quesadillas.
9. Eat & enjoy!

Yield: 4-6 servings

Source: Nutrition Department Original

The ingredients for this recipe can be purchased with CalFresh benefits. To learn more about or how to apply for CalFresh benefits, call Humboldt County DHHS Social Services at 1-877-410-8809 or visit www.c4yourself.com.

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