

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



**4 for \$10
Feed a family of four for under \$10.00**

Cheese and Avocado Quesadillas with Black Bean and Corn Salad

Ingredients:

For the Quesadillas:

4 8-inch whole wheat flour tortillas
8 ounces Cheddar Jack cheese
1 ripe avocado, cut into 8 thin slices
1 medium tomato, sliced thin, cut into 8 thin slices
Vegetable oil spray

For the Black Bean and Corn Salad:

¼ cup olive oil
2 tablespoons lime juice or vinegar
1 teaspoon minced garlic
½ teaspoon ground cumin
¼ teaspoon salt
¼ teaspoon pepper

1 (15-ounce) can no-salt added black beans, drained and rinsed
1 (15-ounce) no-salt added corn, drained
1 red pepper, diced
¼ cup diced onion
¼ cup chopped fresh cilantro

Directions:

For the Quesadillas:

1. Heat oven to 400°. Lightly spray a baking sheet with vegetable oil spray.
2. Spread tortillas out on a flat surface. Place 1/4 cup of cheese onto half of each tortilla. Top with slices of avocado and tomato; sprinkle with another ¼ cup cheese on each tortilla. Fold the the over side and press lightly. Place on prepared baking sheet. Lightly spray with vegetable oil spray. Bake for 8-10 minutes, or until browned and crispy.

For the Black Bean and Corn Salad:

1. In a large bowl, whisk together the olive oil, lime juice, garlic, cumin, salt and pepper. Add the beans, corn, red pepper, onion and cilantro. Toss to combine.

Nutritional Information for 1 quesadilla and ¾ cup salad:

Calories: 527	Cholesterol: 69mg
Total Fat: 13g	Carbohydrates: 52mg
Saturated Fat: 4g	Dietary Fiber: 8g
Protein: 26 g	Sodium: 489mg